

# THE AMERICAN Legion

*The magazine of America*

\$2.50 FEBRUARY 2010

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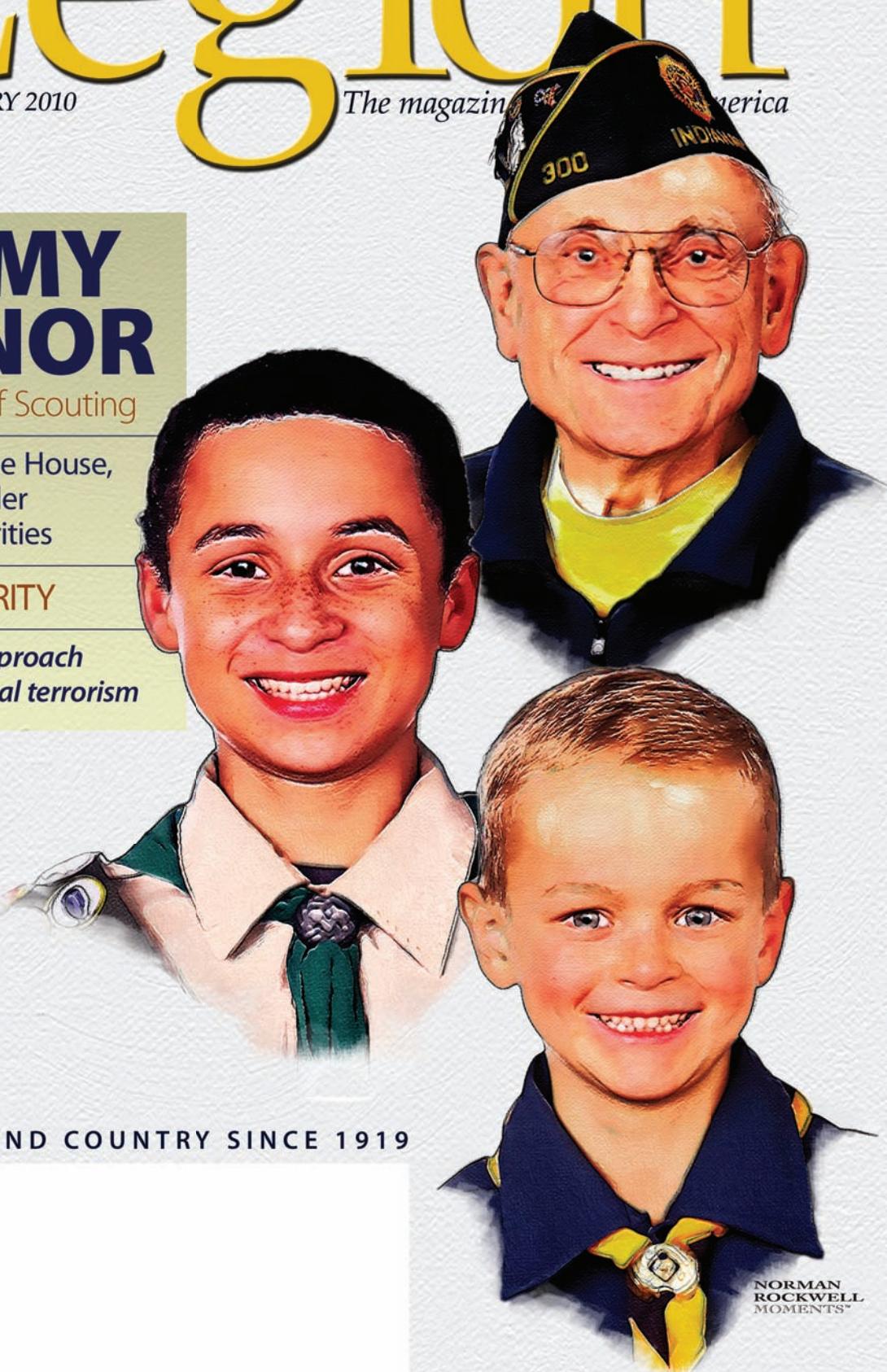
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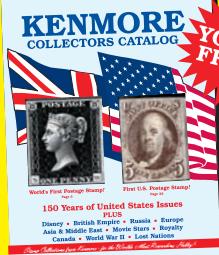
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NATIONAL COMMANDER Clarence E. Hill

PUBLISHER The American Legion

EXECUTIVE DIRECTOR William M. Justis

EDITOR Jeff Stoffer

MANAGING EDITOR Matt Grills

ASSISTANT DIRECTOR/ BRANDY BALLINGER

OPERATIONS Joyce Cole

ADMINISTRATIVE ASSISTANT

MULTIMEDIA EDITOR Steve Brooks

ASSISTANT WEB EDITOR Andrew Roney

WEB MANAGER Jacob Piercy

ART DIRECTOR Holly K. Soria

DESIGNER Carolyn R. West

PHOTO EDITOR James V. Carroll

PRODUCTION MANAGER Tony Heath

CONTRIBUTING EDITOR Alan W. Dowd

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CONTACT (317) 630-1282

(317) 630-1283

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**'The Magi From Texas'**

Anthony V. Cervone's article (December) is heartwarming.

During World War II, I was a Navy radioman first class stationed in Oran, Algeria. While walking to our radio shack one day, we saw an elderly woman with a large group of children searching for food in garbage cans. They were living in a windowless wood shed not far away. We decided to try to help them. We told our cooks that we ought to have something to eat at night so we could stay awake and alert. They made some sandwiches and put them in a box. Because I could speak French, I was to deliver it.

When I knocked, a girl about 10 years old opened the door. When I explained I had food for them, she let me in. I expected the kids to dive in, but they just stared at me. When the brass learned I'd left my post, I was given two weeks of hard and dirty labor. I saw many horrible things during the war, but what sticks in my mind is the sight of those emaciated children staring at me.

—George Dawson, Wantagh, N.Y.



Matt Hall

I have read and heard many accounts of the charity and kindness of our military during war, but none have touched my emotions more than the story by Anthony Cervone. "The Magi From Texas" brought tears to my eyes and warmed the heart. It was beautifully written and serves as a reminder of the continuing generosity of our military personnel helping those less fortunate in all parts of the world. A most appropriate story for the season.

—Adrian Denno, West Bath, Maine

**'The War Inside'**

I read Ken Olsen's article about suicide (December) with great interest. In 1967, I volunteered and served seven months in Vietnam as a civilian adviser with the U.S. Army Aviation Systems Command in Saigon, going throughout the country repairing damaged aircraft and investigating accidents.

After I returned home, I began to have the same violent nightmare over and over again. Years later, I realized I was suffering from PTSD. I went into denial. This lasted for 30 years, and I am now in my second marriage.

In 1990, after contemplating suicide at least three times in those intervening years, I was blessed to hear the testimony of Bobby Welch, a Vietnam War veteran, pastor and former president of the Southern Baptist Convention. I met with him, and we read Scripture and prayed. I thank God that he delivered me from that hell, and I've never had that violent dream or any others related to my service since that day.

**Editor and Legionnaire**

Philip Callaghan's article on Harold W. Ross was true virtue (December). Ross and his wife, Jane Grant, were brilliant literary journalists. I did not know that Ross edited *The American Legion Weekly*, the predecessor to this magazine. Thank you for cheering me with knowledge of this acclaimed "giant of the press," who began his stellar career in the military. It's stuff like this that has made America great.

—James Edlund, Cannon Falls, Minn.



## IF YOU'VE EVER HAD CHICKENPOX, YOU COULD GET SHINGLES NOW.

**The chickenpox virus is still in your body.** It can resurface as Shingles, a painful, blistering rash. And your chances of developing Shingles increase substantially after age 60.

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Once you reach age 60, the sooner you get vaccinated, the better your chances of protecting yourself. ZOSTAVAX cannot be used to treat Shingles, or the nerve pain that may follow Shingles, once you have it.

**ZOSTAVAX is used to prevent Shingles in adults 60 years of age or older.**

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- ZOSTAVAX may not protect everyone who gets the vaccine.
- You should not get ZOSTAVAX if you are allergic to any of its ingredients, including gelatin or neomycin, have a weakened immune system, take high doses of steroids, or are pregnant or plan to become pregnant.
- Possible side effects include redness, pain, itching, swelling, warmth, or bruising at the injection site, as well as headache.
- You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.
- Before getting vaccinated, talk to your health care professional about situations you may need to avoid after getting ZOSTAVAX. Please see the Patient Product Information on the adjacent page.

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You should read this summary of information about ZOSTAVAX<sup>1</sup> before you are vaccinated. If you have any questions about ZOSTAVAX after reading this leaflet, you should ask your health care provider. This information does not take the place of talking about ZOSTAVAX with your doctor, nurse, or other health care provider. Only your health care provider can decide if ZOSTAVAX is right for you.

**What is ZOSTAVAX and how does it work?**

ZOSTAVAX is a vaccine that is used for adults 60 years of age or older to prevent shingles (also known as zoster).

ZOSTAVAX contains a weakened chickenpox virus (varicella-zoster virus).

ZOSTAVAX works by helping your immune system protect you from getting shingles. If you do get shingles even though you have been vaccinated, ZOSTAVAX may help prevent the nerve pain that can follow shingles in some people.

ZOSTAVAX may not protect everyone who gets the vaccine. ZOSTAVAX cannot be used to treat shingles once you have it.

**What do I need to know about shingles and the virus that causes it?**

Shingles is caused by the same virus that causes chickenpox. Once you have had chickenpox, the virus can stay in your nervous system for many years. For reasons that are not fully understood, the virus may become active again and give you shingles. Age and problems with the immune system may increase your chances of getting shingles.

Shingles is a rash that is usually on one side of the body. The rash begins as a cluster of small red spots that often blister. The rash can be painful. Shingles rashes usually last up to 30 days and, for most people, the pain associated with the rash lessens as it heals.

**Who should not get ZOSTAVAX?**

You should not get ZOSTAVAX if you:

- are allergic to any of its ingredients.
- are allergic to gelatin or neomycin.
- have a weakened immune system (for example, an immune deficiency, leukemia, lymphoma, or HIV/AIDS).
- take high doses of steroids by injection or by mouth.
- are pregnant or plan to get pregnant.

You should not get ZOSTAVAX to prevent chickenpox.

Children should not get ZOSTAVAX.

**How is ZOSTAVAX given?**

ZOSTAVAX is given as a single dose by injection under the skin.

**What should I tell my health care provider before I get ZOSTAVAX?**

You should tell your health care provider if you:

- have or have had any medical problems.
- take any medicines, including nonprescription medicines, and dietary supplements.
- have any allergies, including allergies to neomycin or gelatin.
- had an allergic reaction to another vaccine.
- are pregnant or plan to become pregnant.
- are breast-feeding.

Tell your health care provider if you expect to be in close contact (including household contact) with newborn infants, someone who may be pregnant and has not had chickenpox or been vaccinated against chickenpox, or someone who has problems with their immune system. Your health care provider can tell you what situations you may need to avoid.

**What are the possible side effects of ZOSTAVAX?**

The most common side effects that people in the clinical studies reported

after receiving the vaccine include:

- redness, pain, itching, swelling, warmth, or bruising where the shot was given.
- headache.

The following additional side effects have been reported in general use with ZOSTAVAX:

- allergic reactions, which may be serious and may include difficulty in breathing or swallowing. If you have an allergic reaction, call your doctor right away.
- fever
- hives at the injection site
- joint pain
- muscle pain
- rash
- rash at the injection site
- swollen glands near the injection site (that may last a few days to a few weeks)

Tell your health care provider if you have any new or unusual symptoms after you receive ZOSTAVAX.

**What are the ingredients of ZOSTAVAX?**

Active Ingredient: a weakened form of the varicella-zoster virus.

Inactive Ingredients: sucrose, hydrolyzed porcine gelatin, sodium chloride, monosodium L-glutamate, sodium phosphate dibasic, potassium phosphate monobasic, potassium chloride.

**What else should I know about ZOSTAVAX?**

Vaccinees and their health care providers are encouraged to call (800) 986-8999 to report any exposure to ZOSTAVAX during pregnancy.

This leaflet summarizes important information about ZOSTAVAX.

If you would like more information, talk to your health care provider or visit the website at [www.ZOSTAVAX.com](http://www.ZOSTAVAX.com) or call 1-800-622-4477.

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I've made a concentrated effort to speak to close friends and family who have served in Iraq or Afghanistan, to make sure they talk about their experiences, fears and any other issues that might be bothering them.

Your article reminded me of the necessity to seek help even before you recognize something in your behavior is unusual.

— William R. Twa Jr., Saginaw, Texas

Your article on veteran suicides mentioned almost in passing the main cause of their despondency. As Lt. Col. Ross Waltemath of the Indiana National Guard said, "The majority of our folks who are in crisis have marital problems ... not psychological problems."

A previous issue of *The American Legion Magazine* acknowledged that many homeless veterans are divorced ("Nothing to Lose," December 2008), and seemed to imply that their despondency may be a cause of their divorce. I submit that, as with suicide victims, it is probably more often a result.

It is common knowledge, if politically incorrect to mention, that men are heavily discriminated against in divorce court. When a man loses his family – practically his reason for being – life can simply be not worth living. Hence the high rate of both suicide and homelessness among divorced men.

— Richard Doyle, Forest Lake, Minn.

### The public option

Rep. Alan Grayson, D-Fla., is one of the most despicable representatives in our country

(Big Issues, December). Because they disagree with President Obama's health-care agenda, he has said that Republicans want people to die. This is absurd.

No doubt we need reform, but like millions of other Americans, I am skeptical about a government-run program. Every one of Grayson's statements on the public option – that it doesn't cover illegals, ration health care or create death panels – is highly debatable. The H1N1 debacle is a perfect example of our government's ineptness on health care.

— Albert Bianchi, Pittsburgh

I am extremely disappointed that you would give a bomb-thrower like Rep. Alan Grayson any space in your magazine. After his performance in the House of Representatives, he has zero credibility. Perhaps he is the best the Democrats have to offer. In that case, you are forgiven.

— James Farrell, Macedon, N.Y.

In his support of a public option, Rep. Alan Grayson uses compelling statistics – or so it would seem. He says insurance company profits "have increased 800 percent in eight years." Normally, in comparisons, we use figures like five or 10 years. Why did Grayson use eight? A lot of things – 9/11, the stock market dropping – made 2001 a year of low profits for everyone.

And an increase in profits doesn't necessarily equate to high profits. If I made \$1 last year and \$8 this year, my income increased 800 percent, but I would still be in the financial pits. Had he consulted the

Fortune 500 list, he'd have found that health insurance companies' profits last year were 2.2 percent. Maybe that low figure didn't suit his argument.

Finally, Grayson held up Medicare as the business model the public option should emulate. According to Grayson's own Treasury secretary, Timothy Geithner, Medicare will run out of money in 2017. He wants to create a national insurance company like that?

The statistical chicanery and failed business model make the public option sound like Enron. Maybe that's the lesson we should take home.

— Robert Kulak, West Hartford, Conn.

### 'Holiday Honors'

Dennis McCafferty's article (December) was excellent and brought a worthwhile program to your readers' attention. Wreaths Across America deserves our support, and congratulations to Morrill Winchester and the Worcester Wreath Company for their leadership.

Cadets of the Civil Air Patrol have had a significant role in this program for several years. In 2008, 198 CAP squadrons participated in ceremonies at more than 350 locations both here and overseas.

In some instances, CAP cadets partner with local organizations such as The American Legion for cooperative community work. These fine young men and women have the opportunity to "remember the fallen, honor those who serve and teach the value of freedom."

— George Murray Jr., Salisbury, Md.

### THE AMERICAN LEGION MAGAZINE WELCOMES YOUR OPINIONS

Include your hometown and a daytime phone number for verification. All letters published are subject to editing.

Due to the volume of mail received, not every letter can be acknowledged.

*The American Legion Magazine*, P.O. Box 1055, Indianapolis, IN 46206  
magazine@legion.org

# Legion, Scouting united in service

*On my honor I will do my best  
To do my duty to God and my country  
And to obey the Scout Law;  
To help other people at all times;  
To keep myself physically strong,  
Mentally awake, and morally straight.*

Young men recite these words every day in homes, churches, schools, community centers and American Legion posts. They stand straight, raise their right hands, extend three fingers skyward, and repeat in unison the words of the Scout Oath.

Adopted a year after the Scouting movement arrived here from Britain in 1910, the oath is a time-honored pledge to uphold specific values – moral integrity, discipline, helpfulness, fitness and duty above self among them – that can guide young people throughout their lives. Much like the preamble to The American Legion's constitution, the Scout Oath is a tenet as relevant today as it was a century ago. On Feb. 8, 2010, Boy Scouts of America celebrates 100 years of shaping the character of America's youth.

Intended as an avenue for participating young people to become productive citizens and leaders, Scouting can proudly reflect on a century of making differences in communities across our country.

Recognized as worthy of the Legion's support at our first national convention in 1919, Boy Scouts of America has had an enduring connection with military service and the nation's largest veterans service organization ever since. Today, the Legion charters more than 2,700 Scouting units and serves more than 72,000 Scouts.

Last May, the Legion's National Executive Committee passed a resolution reaffirming our support of Scouting. In recent years, we have stood by Boy Scouts of America in its fight to determine its own leadership and membership criteria, and to continue meeting in public facilities. In 2003, the Legion's Americanism Commission established The American Legion and Scouting Square Knot Award to recognize Legion family members who work tirelessly to strengthen our 90-year partnership; since then, nearly 400 Square Knot Awards have been given.

In addition, The American Legion Life Insurance Committee provides annual scholarship awards for The American Legion Eagle Scout of the Year. The winner receives a \$10,000 scholarship awarded over four years; three runners-up each receive \$2,500 scholarships. And every year, the Americanism Commission awards the Frank N. Belgrano Jr. Trophy to the Legion department that has rendered outstanding service to Scouting.

The American Legion and Scouting are connected by shared values, and by a mutual commitment to serve God and country. A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent. So, too, is a Legionnaire. In appreciation of all we have shared since 1919, I am honored to render Boy Scouts of America a 100th-anniversary salute and offer best wishes for another century together.

*Clarence E. Hill*



National Commander  
Clarence E. Hill

## MEMORANDA

### **VETERANS ON CAMPUS: SAME STRUGGLES, SAME**

**STEREOTYPES?** This month, The American Legion hosts a conference on biases veterans face when leaving the military and entering college. "Veterans on Campus: Same Struggles, Same Stereotypes?" will include representatives from academia, the veterans community and Congress. The conference will run from 1 p.m. to 6 p.m. Feb. 28 at the Renaissance Hotel in Washington, and is cosponsored by the Vietnam Veterans Institute and Student Veterans Association of America. To register, contact Economic Division Assistant Director Robert Madden at [rmadden@legion.org](mailto:rmadden@legion.org) or **(202) 861-2700**.

### **REGISTER NOW FOR THE '10**

**LEGACY RUN** Registration forms for the 2010 Legacy Run to the 92nd National Convention in Milwaukee are now available online. The registration fee is \$50 for riders (\$60 after Aug. 1) and \$25 for passengers (\$50 after Aug. 1). The fee for supporters is \$50.

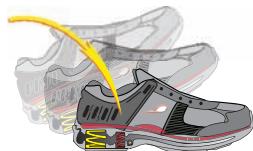
A goal of \$450,000 has been set for the run, which raises money for The American Legion Legacy Scholarship Fund. Riders will depart from Indianapolis on Aug. 22 and arrive in Milwaukee on Aug. 26.

[www.legion.org/riders](http://www.legion.org/riders)

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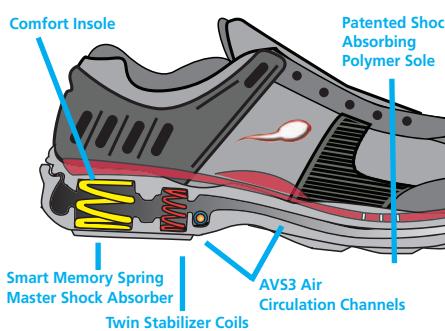
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# Enforce federal marijuana ban



## SUPPORT

### Rep. Lamar Smith, R-Texas

■ Smith is the ranking Republican on the House Judiciary Committee.



## OPPOSE

### Rep. Maurice Hinchey, D-N.Y.

■ Hinchey is a member of the House Appropriations Committee.

The Justice Department has directed federal prosecutors to no longer investigate or prosecute medical marijuana distributors in states where it is legal, as long as the distributors are in compliance with state regulations.

But the decision contradicts decades of federal drug laws, which prohibit the distribution of marijuana for any purpose. The decision also undermines Supreme Court precedent, which approved the enforcement of federal drug laws against the local cultivation and use of marijuana – even when in compliance with state law.

By allowing marijuana dispensaries to operate free from fear of prosecution, the administration is promoting the use, and therefore the demand, for marijuana. Marijuana fields operated by Mexican drug-trafficking organizations are most prevalent in California, Oregon and Washington – three of the 13 states that allow the use of medicinal marijuana. In Los Angeles alone, there are an estimated 1,000 marijuana dispensaries – 10 times the number of Starbucks coffee shops.

These dispensaries are often fronts for illegal marijuana distribution. In California, treatable ailments range from cancer to migraines – or any other illness for which marijuana may provide relief. This catch-all allows doctors to prescribe marijuana for just about anything. Meanwhile, the FDA has noted that while there is “sound evidence that smoked marijuana is harmful,” there are “no sound scientific studies” to support medical use of marijuana for treatment in the United States.

By directing law-enforcement officers to ignore federal drug laws, the administration is condoning the use of marijuana in the United States. Federal prosecutors have a responsibility to enforce the laws passed by Congress, including those that prohibit the distribution of marijuana.

## THE HEART OF THE ISSUE

*The Obama administration has stopped federal raids on medical marijuana distributors. Critics say this weakens enforcement of drug laws.*

The U.S. Department of Justice’s recent decision to direct agency lawyers not to prosecute individuals who use or prescribe medical marijuana in states that have legalized the drug for that

purpose was long overdue.

For years, I’ve led the effort in Congress to mandate such a policy, repeatedly offering an amendment in the House

to the DoJ spending bill that would prohibit DoJ from using any of its funds to prosecute individuals who use medical marijuana in compliance with state law.

By issuing the directive to DoJ prosecutors, Attorney General Eric Holder ensured that common sense won out over ideological stubbornness with regard to our nation’s medical marijuana policy. Across the country, states have enacted laws that allow individuals who are sick and suffering to use medical marijuana with a doctor’s prescription only to have DoJ officials arrest and prosecute them anyway. This was a policy that was misguided and wrong from the start, and I’m pleased that the Obama administration’s Justice Department has put an end to it.

It’s unconscionable that the federal government had previously sought to not only deny but arrest and prosecute medical marijuana patients who are using the drug in accordance with state law to relieve pain and nausea associated with debilitating illnesses such as cancer, glaucoma, multiple sclerosis and AIDS. Those patients no longer have to worry that the medicine they’ve been legally using in their states will result in them being thrown in jail.

DoJ will now let these patients use medical marijuana in accordance with state law, and federal prosecutors will instead focus their attention on more pressing legal matters that warrant their time and attention.

## CONTACT YOUR ELECTED OFFICIALS

The Honorable (name), U.S. Senate, Washington, DC 20510 • Phone: (202) 224-3121

The Honorable (name), U.S. House of Representatives, Washington, DC 20515 • Phone: (202) 225-3121

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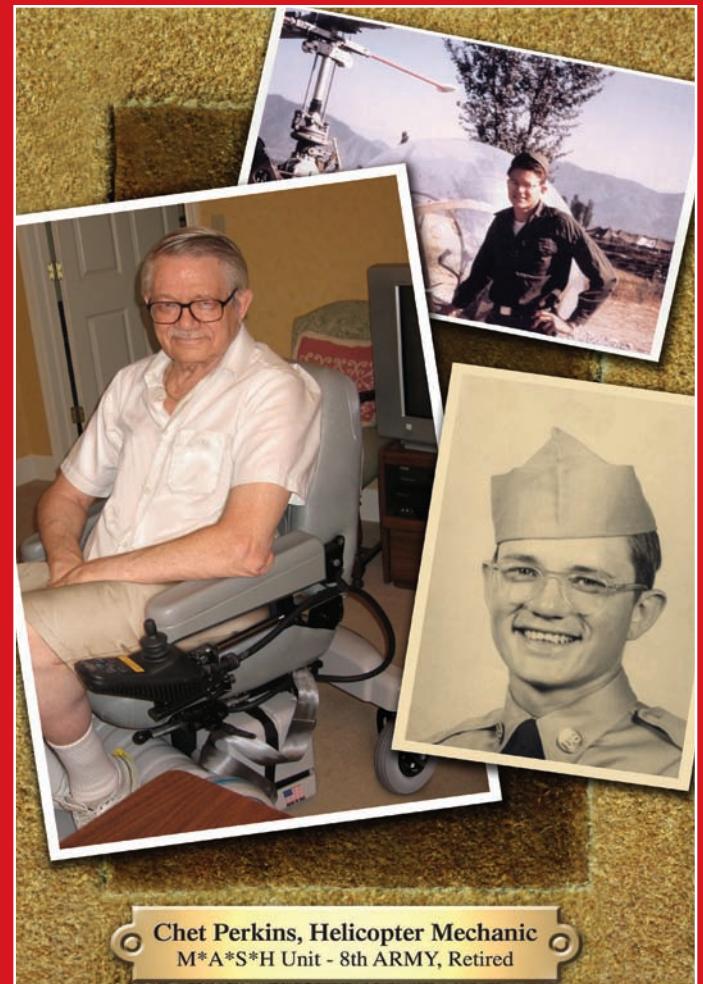
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## POWER SURGE

Americans spent \$4.2 billion on energy drinks in 2008. Most contain a mix of caffeine, glucose, guarana, ginseng and/or taurine. *Men's Health* analyzed the nutritive benefits of each:

■ "Most energy drinks contain between 140 and 170 mg of **caffeine** ... a new University of Chicago study found that a 200-mg jolt made fatigued people feel twice as alert as non-caffeinated participants." However, researchers in Finland reported that the caffeine in two to three cups of coffee can cause blood pressure to spike by up to 14 points.

■ "Many energy drinks contain 50 to 60 grams of **glucose** or **sucrose** in a 16-ounce can." And the sugary stuff packs a punch. *Men's Health* cites a study claiming that "men who guzzled a 6-percent glucose drink were able to bicycle 22 minutes longer than those who went" without extra sugar. But high doses "can cause your blood sugar and insulin levels to skyrocket, signaling your body to stop incinerating fat."

■ **Guarana** is a South American shrub whose seed "has a caffeine content of 4 to 5 percent, while a coffee bean has 1 to 2 percent ... A study in *Appetite* reports that people who took 222 mg of guarana felt slightly less fatigued and were up to 30 milliseconds faster on a reaction-time test than those who took a placebo." The science is still unclear about whether high levels of guarana are completely safe.

■ **Ginseng** is made from the root of the ginseng plant. "A recent review in *American Family Physician* determined that ginseng doesn't enhance physical performance. But there is an upside: it may boost your brainpower."

■ **Taurine** is an amino acid. It serves as a neurotransmitter in the brain. Some research suggests that taurine "might behave more like a sedative than a stimulant," and it remains unclear whether it's safe to consume in high doses.



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## Protect your joints

BY MARK FUERST

More new joint treatments are available than ever for active baby boomers who may have been injured and want to bounce back to "weekend warrior" status. Most fitness-related injuries – and even osteoarthritis of the joints – can be treated and controlled with rest, medication and other non-invasive interventions, says sports medicine specialist Dr. Kevin Plancher, associate clinical professor of orthopedic surgery at Albert Einstein College of Medicine in New York City. The more we use our joints the more quickly they wear out, so active boomers are more likely to need joint therapy sooner rather than later.

The days of doctors recommending no exercise if you feel joint pain are long gone. Now, with proper rehabilitation and precautions, doctors want to get you back to moving your joints as quickly as possible. "We know that exercise may enable you to perform at a high physical level into your 70s and 80s, and may help many organ systems, as well as your ability to think," Plancher says.

However, people older than 40 who actually have been weekend warriors often find it difficult to change their exercise patterns. You can't ignore the signs and symptoms of joint wear and tear. If you've had knee pain for several years and continue to jog regularly, you may be setting yourself up for a knee replacement. A little preventive maintenance might allow your

*continued on page 17*



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## WEIGHING IN

Health experts have largely jettisoned height and weight tables in favor of the body mass index (BMI), a measure of body fat based on height and weight. A healthy BMI is between 18.5 and 24.9.

### Find your BMI:

 [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi)



Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

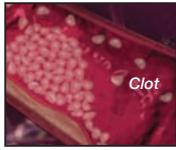


You'll never forget that day.

**PLAVIX** can help keep you from going through it again.

PLAVIX can help save lives for those who've had a heart attack caused by a completely blocked artery.

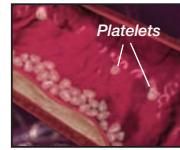
**Without PLAVIX**



Clots that block off arteries are the main cause of heart attack. And now that you've had a heart attack you are at a greater risk of having another that can be fatal. That's why your doctor may put you on PLAVIX, along with your

other heart medicines. Taking PLAVIX with your other heart medicines goes beyond what other heart medicines alone can do to keep blood platelets from sticking together and forming dangerous clots.

**With PLAVIX**



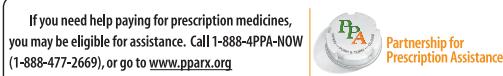
**Important Safety Information:** People with stomach ulcers or other conditions that cause bleeding should not use PLAVIX. Taking PLAVIX alone or with some other medicines, including aspirin, may increase bleeding risk, so tell your doctor when planning surgery. Certain genetic factors and some medicines, such as Prilosec, may affect how PLAVIX works. Tell your doctor all the medicines you take, including aspirin, especially if you've had a stroke. If fever, unexplained weakness or confusion develops, tell your doctor promptly. These may be signs of TTP, a rare but potentially life-threatening condition, reported sometimes less than 2 weeks after starting PLAVIX. Other rare but serious side effects may occur.

**Ask your doctor how PLAVIX can help increase your protection against future heart attack, stroke, and even death.**

**To learn more about heart attacks and PLAVIX, visit [www.plavix.com](http://www.plavix.com) or call 1-800-435-4136.**

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

**See important product information on the following page.**



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**WHO IS PLAVIX FOR?**

PLAVIX® (clopidogrel bisulfate) is a prescription-only medicine that helps keep blood platelets from sticking together and forming clots.

PLAVIX is for patients who have:

- had a recent heart attack.
- had a recent stroke.
- poor circulation in their legs (Peripheral Artery Disease).

PLAVIX in combination with aspirin is for patients hospitalized with:

- heart-related chest pain (unstable angina).
- heart attack.

Doctors may refer to these conditions as ACS (Acute Coronary Syndrome).

Clots can become dangerous when they form inside your arteries. These clots form when blood platelets stick together, forming a blockage within your arteries, restricting blood flow to your heart or brain, causing a heart attack or stroke.

**WHO SHOULD NOT TAKE PLAVIX?**

You should NOT take PLAVIX if you:

- are allergic to clopidogrel (the active ingredient in PLAVIX).
- have a stomach ulcer.
- have another condition that causes bleeding.
- are pregnant or may become pregnant.
- are breast feeding.
- have certain genetic factors.

**WHAT SHOULD I TELL MY DOCTOR BEFORE TAKING PLAVIX?**

Before taking PLAVIX, tell your doctor if you're pregnant or are breast feeding, if you are taking any other drugs or if you have any of the following:

- gastrointestinal ulcer
- stomach ulcer(s)
- liver problems
- kidney problems
- a history of bleeding conditions

**WHAT IMPORTANT INFORMATION SHOULD I KNOW ABOUT PLAVIX?**

**Genetics:** People with a specific genetic makeup may get less protection against heart attack or stroke with PLAVIX.

**Drug interactions:** Some medicines, such as Prilosec, may affect how PLAVIX works. Tell your doctor all the medications you are taking, including prescription or over-the-counter medications. You should tell your doctor about any other medications you are taking, including prescription or over-the-counter Prilosec (omeprazole). Taking Prilosec with PLAVIX may reduce the effect of PLAVIX. Antacids and most H2 blockers, except Tagamet (cimetidine), are not known to interfere with how PLAVIX works.

**TTP:** A very serious blood condition called TTP (Thrombotic Thrombocytopenic Purpura) has been rarely reported in people taking PLAVIX. TTP is a potentially life-threatening condition that involves low blood platelet and red blood cell levels, and requires urgent referral to a specialist for prompt treatment once a diagnosis is suspected. Warning signs of TTP may include fever, unexplained confusion or weakness (due to a low blood count, what doctors call anemia). To make an accurate diagnosis, your doctor will need to order blood tests. TTP has been reported rarely, sometimes in less than 2 weeks after starting therapy.

**Gastrointestinal Bleeding:** There is a potential risk of gastrointestinal (stomach and intestine) bleeding when taking PLAVIX. PLAVIX should be used with caution in patients who have lesions that may bleed (such as ulcers), along with patients who take drugs that cause such lesions.

**Bleeding:** You may bleed more easily and it may take you longer than usual to stop bleeding when you take PLAVIX alone or in combination with aspirin. Report any unusual bleeding to your doctor.

**Geriatrics:** When taking aspirin with PLAVIX the risk of serious bleeding increases with age in patients 65 and over.

**Stroke Patients:** If you have had a recent TIA (also known as a mini-stroke) or stroke taking aspirin with PLAVIX has not been shown to be more effective than taking PLAVIX alone, but taking aspirin with PLAVIX has been shown to increase the risk of bleeding compared to taking PLAVIX alone.

**Surgery:** Inform doctors and dentists well in advance of any surgery that you are taking PLAVIX so they can help you decide whether or not to discontinue your PLAVIX treatment prior to surgery.

**WHAT SHOULD I KNOW ABOUT TAKING OTHER MEDICINES WITH PLAVIX?**

You should only take aspirin with PLAVIX when directed to do so by your doctor. Certain other medicines should not be taken with PLAVIX. Be sure to tell your doctor about all of your current medications (prescription or over-the-counter), especially if you are taking the following:

- aspirin
- nonsteroidal anti-inflammatory drugs (NSAIDs)
- warfarin
- heparin
- heartburn or stomach ulcer medicines, like Prilosec

Be sure to tell your doctor if you are taking PLAVIX before starting any new medication.

**WHAT ARE THE COMMON SIDE EFFECTS OF PLAVIX?**

The most common side effects of PLAVIX include gastrointestinal events (bleeding, abdominal pain, indigestion, diarrhea, and nausea) and rash. This is not a complete list of side effects associated with PLAVIX. Ask your doctor or pharmacist for a complete list.

**HOW SHOULD I TAKE PLAVIX?**

Only take PLAVIX exactly as prescribed by your doctor. Do not change your dose or stop taking PLAVIX without talking to your doctor first.

PLAVIX should be taken around the same time every day, and it can be taken with or without food. If you miss a day, do not double up on your medication. Just continue your usual dose. If you have any questions about taking your medications, please consult your doctor.

**OVERDOSAGE**

As with any prescription medicine, it is possible to overdose on PLAVIX. If you think you may have overdosed, immediately call your doctor or Poison Control Center, or go to the nearest emergency room.

**FOR MORE INFORMATION**

For more information on PLAVIX, call 1-800-633-1610 or visit [www.PLAVIX.com](http://www.PLAVIX.com). Neither of these resources, nor the information contained here, can take the place of talking to your doctor. Only your doctor knows the specifics of your condition and how PLAVIX fits into your overall therapy. It is therefore important to maintain an ongoing dialogue with your doctor concerning your condition and your treatment.

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*continued from page 14*

knee joint to normalize without going through a major medical procedure.

As we get older, we need to listen to our bodies even more. Your body will tell when you are abusing it and when you should begin to back off.

Also, you need to take the time to warm up properly to keep your joints lubricated. Take 10 to 20 minutes to warm-up before sports – walk briskly, jog in place, do light calisthenics – and another 10 to 20 minutes afterwards.

Most boomer joint-related injuries are sport-specific. An easy adjustment in equipment is often the simple answer to prevent recurring joint pain. A jogger with foot, knee or hip pain who has put in a lot of mileage may need orthotics (custom-made shoe inserts) because the foot becomes flatter as we get older, Plancher says. A tennis player whose knees hurt from years of playing on hard courts should switch to softer Har-Tru courts.

At the first sign of joint pain, many people fear they need surgery, but there are steps you can take to reduce joint pain before surgery. For example, you may be able to receive glucosamine injections into the knee for up to two years,

which may help you to return to a sport or activity.

Glucosamine is a substance the body produces to lubricate the cartilage in joints. As we get older, glucosamine production slows and cartilage can harden, making joints less mobile. Many people with osteoarthritis can control their joint pain by taking daily pills or drinks containing glucosamine and another joint-lubricating agent, chondroitin.

*Mark Fuerst is a Brooklyn-based health and medical writer.*

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## IN MODERATION

The U.S. Preventive Services Task Force, an independent panel of experts in primary care assembled by the Department of Health and Human Services, has revised its guidelines on aspirin usage for people at risk of heart attack. The task force recommends that men ages 45 to 79 "should take aspirin if the chances of preventing a heart attack outweigh the chances

of gastrointestinal bleeding," while women 55 to 79 should take aspirin "if the chances of reducing ischemic stroke outweigh risks of GI bleeding," *U.S. News & World Report* recently reported.

The task force also advises men younger than 45 and women younger than 55 who have never suffered a heart attack or stroke not to take aspirin as a preventive.

## HEALTHFUL WEB SITES

The Centers for Disease Control and Prevention and other agencies offer a wealth of guidelines for healthier living, including:



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- Recipes and tips on ways to add more fruits and vegetables to your daily diet, including a fruit-and-veggie calculator to help you determine the right amount of fruits and vegetables to eat, based on factors such as age, gender and level of physical activity.

### [fruitsandveggiesmatter.gov](http://fruitsandveggiesmatter.gov)

- "Science-based advice to promote health and to reduce risk for chronic diseases through diet and physical activity," including eating plans, calorie recommendations, weight-management advice, and information on food groups and exercise.

### [health.gov/dietaryguidelines](http://health.gov/dietaryguidelines)

- Information on the food pyramid as well as personalized eating plans.

### [mypyramid.gov](http://mypyramid.gov)

- Nutritional information for virtually any food.

### [myfoodapedia.gov](http://myfoodapedia.gov)

- Information on food recalls, food poisoning and food safety, as well as an Ask the Expert tool.

### [foodsafety.gov](http://foodsafety.gov)

- More than 100 small steps you can take toward a healthier life.

### [smallstep.gov/sm\\_steps/sm\\_steps\\_index.html](http://smallstep.gov/sm_steps/sm_steps_index.html)



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## SIX HEALTHY HABITS

Six is the magic number. Harvard's Physicians' Health Study reports that six lifestyle factors can protect men from heart failure, a condition in which the heart can't pump enough blood:

- Normal body weight
- Not smoking
- Regular exercise
- Moderate alcohol intake
- Consuming breakfast cereals
- Consuming fruits and vegetables

The researchers followed 20,900 men for 22 years. Among men who adhered to four or more lifestyle factors, only one in 10 developed heart failure, compared to one in five men who had no healthy behaviors.

Similarly, the 14-year Nurses' Health Study of 83,883 women found that risk for high blood pressure was 78 percent lower among women who followed six healthy habits compared to women who had none:

- Normal body weight
- 30 minutes of vigorous exercise a day
- Following a diet designed to prevent high blood pressure
- Moderate alcohol intake
- Use of non-narcotic painkillers less than once a week
- Supplemental folic acid (400 micrograms daily)

In both studies, being overweight had the biggest impact on health.



Frederick Downs Jr., director of VA's Prosthetic and Sensory Aids Service tests out a new robotic arm being evaluated at VA medical centers. The device is called "Luke," for Luke Skywalker from the film "Star Wars."

Courtesy DEKA Research and Development

## VA evaluates advanced prosthetic arm

BY DR. JOEL KUPERSMITH

Frederick Downs Jr., director of VA's Prosthetic and Sensory Aids Service, says it was an "amazing feeling" when he first tried an advanced prosthetic arm now being evaluated through a VA study.

Downs, who lost his left arm in Vietnam, was able to use the prosthesis to bring a water bottle to his mouth and drink. That may sound simple, but designing a device that allows a user to grab a soft plastic bottle firmly without crushing it and smoothly maneuver it is a breakthrough for engineers.

The new arm was developed by DEKA Integrated Solutions Corp. through funding from the Defense Advanced Research Projects Agency, and is now being evaluated in a three-year "optimization study" at VA medical centers. Participants with upper-limb amputation will be fitted with the arm, receive training and use the device for two weeks. Their feedback – collected and analyzed by VA researchers – will help DEKA engineers refine the prototype.

The VA study is the first time large-scale clinical testing will play an integral part in the final development of a prosthetic device. When the trial ends, the arm will have been optimized to the point where it can be manufactured and made available for routine prescription for veterans.

The technology is a giant leap forward in function for upper-limb prostheses. Its variety of hand grasps, for example, enables users to perform many everyday tasks, from picking up a coin to using a power tool. Current artificial hands basically only open and close. The arm also has far more "degrees of freedom" than existing prosthetic models. This means users can raise, twist and bend the arm almost as they would their natural limb. They can even reach overhead – a first in prosthetics.

As impressive as the arm is in scientific and engineering terms, VA is most excited about its promise to restore function for veterans with upper-limb amputations and improve their quality of life.

*Joel Kupersmith, M.D., is chief research and development officer for the Veterans Health Administration.*

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# Caregiver pay and support overdue

BY TOM PHILPOTT

Veterans of every generation watch with appreciation and perhaps a sense of regret, too, as Congress steps up to its obligation to care for those severely wounded or traumatized by wars in Iraq and Afghanistan.

The regret, of course, is that some of the best-intentioned actions taken today on behalf of recently wounded veterans still don't apply to those disabled in earlier conflicts. The most recent is the Senate's vote in November, which the full Congress could endorse early this year, to pay a monthly stipend to in-home caregivers of veterans left severely disabled by tours in Iraq and Afghanistan.

The Caregivers and Veterans Omnibus Health Services Act of 2009 (S. 1963) contains provisions to give severely wounded veterans an option other than institutional care. Their at-home primary caregivers, whether they are relatives, friends or hired help, could be paid a stipend based on hours and level of care. VA also would be tasked to ensure caregivers are properly trained and to provide them with medical coverage to include stress counseling if needed. Replacement caregivers also would be paid for when family-member caregivers need respite from their caregiver obligations.

The House passed a more modest caregiver initiative. House-Senate conferees still had to meet to iron out differences in their bills at press time. They are sure to hear again arguments made by Sen. Tom Coburn, R-Okla., who noted that no money had been found in other budget accounts to pay caregivers without driving up annual deficits by nearly \$3 billion over the next 10 years. He also noted that the caregiver benefits are to apply only to wounded veterans from recent conflicts.

The American Legion and 18 other veterans service organizations urged the Democratic chairmen and ranking Republicans on the Veterans Affairs committees to negotiate a final bill for fiscal 2010 that contains the more robust caregiver



Media Bakery

initiatives backed by the Senate. But VSOs also urged conferees to cherry-pick from the House bill (H.R. 3155) provisions that would make some caregiver benefits available immediately to disabled veterans of all eras.

Steve Robertson, legislative director for the Legion, said, "We're hoping there are enough members of the House conferees who will agree to some of the Senate provisions. But Sen. Coburn brought up a very good point about expanding the benefit to veterans from other generations than just Operation Enduring Freedom and Operation Iraqi Freedom. A lot of those caregivers are facing the same challenges of caregivers to OEF and OIF veterans."

The House bill would expand the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) through Oct. 1, 2012, to primary family caregivers who have no health insurance and are not eligible for other public health-insurance options. It would provide lodging and subsistence to those who

accompany certain eligible veterans traveling for VA health-care evaluation and treatments. And VA would survey caregivers every three years, starting this year, to assess their needs.

"The toll on caregivers who try to do it all can be measured in higher rates of depression and poor health as they struggle to care for these wounded warriors," Sen. Daniel Akaka, D-Hawaii, chairman of the Senate Veterans Affairs Committee, told members. It is time, he said, for legislation that fulfills the nation's obligation to those who care for wounded veterans by providing them with counseling, health-care support and a living stipend.

Wounded veterans from every generation must be hoping that, soon, their caregivers will receive the same level of support.

*Tom Philpott, a former Coast Guardsman, has written about veterans and military personnel issues for more than 30 years.*



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U.S. Marine Corps / Cpl. Theodore W. Ritchie

# How to *outmaneuver* the bad guys

*The United States needs a fresh strategic approach to counterterrorism.*

BY JAMES H. ANDERSON

The devastating attack at Fort Hood last November by Maj. Nidal Malik Hasan has prompted increased concern about homegrown jihadist terrorism, not only within the armed forces and throughout U.S. society. For its part, the Army is taking a hard look at the potential for radicalization within its ranks – a welcome, if long overdue, effort. Evolving terrorist tactics in Iraq, Afghanistan and elsewhere also merit close scrutiny. These challenges include the use of increasingly powerful improvised explosive devices (IEDs) and brazen attacks by foot-mobile terrorists in sprawling cities, as happened in Mumbai, India, in November 2008.

Although the United States and its allies have inflicted some punishing operational blows against al-Qaeda, they have been far less successful in waging the battle of ideas. Indeed, surveys consistently show that a significant percentage of Muslims agree with al-Qaeda's propaganda line that the United States is "waging war with Islam." This pernicious narrative has inspired the emergence of al-Qaeda franchise groups around the globe.

Against this backdrop, the U.S. campaign against international terrorists merits a strategic reassessment. A successful strategy must set achievable strategic aims, sharpen intelligence capabilities, enhance cooperation with allies, communicate effective messages and manage public expectations.

**The Evolving Threat.** Terrorists have always made use of available technologies, often in innovative and creative ways. In the 11th century, a Shia sect that became known as the Assassins used daggers to attack their victims in broad daylight. In the 20th century, Marxist-Leninists and Maoists made extensive use of printing presses and firearms to achieve political power. In recent years, al-Qaeda has exploited modern financial links and communication technologies to attract recruits, to sustain a global media presence, and to inspire franchise groups.

Since 9/11, the United States has achieved some success against al-Qaeda, killing and capturing

dozens of its leaders and decimating its operations in Iraq. Yet Osama bin Laden and his top deputy, Ayman al-Zawahiri, are still at large, still issuing frequent threats and inspiring would-be suicide bombers around the globe. In short, al-Qaeda remains a serious threat, capable of sophisticated operations and far-reaching strikes.

Al-Qaeda's ability to recruit large numbers of young followers has created a long-term security problem. Even if al-Qaeda failed to attract a single recruit from this moment forward, the United States would still face thousands of its hardened terrorists abroad. These individuals must either be killed or incarcerated, although less-committed al-Qaeda followers may be persuaded to renounce violence. In this regard, a number of states, including Saudi Arabia and Singapore, have developed programs aimed at rehabilitating captured terrorists with intense counter-radicalization efforts.

Al-Qaeda is not the only foreign terrorist group that threatens U.S. interests. The State Department designates more than 40 groups as foreign terrorist organizations, many of which operate within fairly narrow geographic regions. The Basque ETA, for example, is a separatist group in Spain. Of strategic concern to the United States are those groups that can execute significant attacks across borders.

Reading too much into any one terrorist attack can be problematic, since terrorist tactics morph over time. The Mumbai terror attack nonetheless reflects some current trends. Ten members of Lashkar e-Taiba (LeT), a Pakistani-based terrorist group, paralyzed a city of nearly 20 million for nearly three days, mesmerized international media, and ratcheted up tensions between India and Pakistan – two nuclear-armed powers with a history of armed conflict. Arriving by sea and dividing into four foot-mobile teams, the terrorists attacked preselected targets in commando-style fashion until they were finally overwhelmed by Indian security forces.

The Mumbai attacks demonstrated that cities remain target-rich environments capable of attracting saturation media coverage. They also showed how easily foot-mobile terrorists can bypass static defenses using commercially available technolo-

gies such as cell phones and GPS devices. As a corollary, these attacks highlighted the need for states to maintain highly trained, well-equipped, quick-reaction forces. The slow reaction time and uneven performance of Indian police and security forces worked to undermine public confidence.

High-profile terrorist attacks often breed imitation. In February 2008, terrorists in Kabul, Afghanistan, killed more than 20 people in a daylight attack. Taliban officials claimed credit for the strike, in which a small number of terrorists stormed three ministries in the heavily fortified capital before being subdued by security forces. Last March, terrorists in Lahore, Pakistan, killed eight members of a visiting Sri Lankan cricket team in another commando-style attack that seemed to echo the Mumbai strike, although on a smaller scale.

Despite al-Qaeda's ability to use conventional weaponry to devastating effect, the United States can ill afford to become complacent about the specter of attacks involving biological, chemical, nuclear or radiological material. It is worth recalling that nearly 15 years ago, in March 1995, the Japanese terrorist group Aum Shinrikyo dispersed a deadly nerve agent in Tokyo's subway system, killing 12 and sending thousands to the hospital. Preventing such attacks must remain the No. 1 counterterrorism priority for the United States. The detonation of a crude or even partially effective weapon of mass destruction would likely prompt unprecedented public panic, regardless of the



*On Nov. 26, 2008, gunmen stormed hotels, hospitals and other public sites in Mumbai, India, killing 173 people and wounding hundreds more. The attacks revealed how foot-mobile terrorists bypass defenses using technology such as cell phones and GPS.* AP



■ **OUT OF WORK:** With time on his hands, this Amish craftsman takes a walk with his son as he weighs his options. As consumers demand lower prices, the Amish refuse to cut quality but are willing to give in on prices to keep working.

# Amish hit hard by recession

By C. MILLER  
Universal Media Syndicate

With their simple lifestyle, you wouldn't think the Amish would be affected by the recession as much as most Americans.

But rising land prices and a growing population has forced much of America's Amish population out of farming and into other lines of work. In fact, only an estimated 10 percent of America's 227,000 Amish still rely on agriculture as their primary source of livelihood.

Many support their families by making Amish crafts, working in construction and making high quality Amish furniture. But those industries are also suffering from the recession.

That means the law of supply and demand has

kicked in and the cost of Amish made goods has plummeted. "It's definitely a buyer's market," said Melvin Troyer, an Ohio Amish craftsman who hand builds Amish furniture.

"We've started marking everything down to rock bottom so we can move more goods and keep more members of the Amish community earning a living and putting food on the table for their families," Troyer said.

And with high quality Amish furniture at rock bottom prices, smart consumers are snatching up everything they can get their hands on. The recession won't last forever, but it does make right now the perfect time to get anything Amish made. ■

# Amish craftsmen set to build Heat Surge miracle fireplace mantles for just \$58

*Right now Amish craftsmen are actually hand building Heat Surge miracle fireplace mantles for just \$58 for all those who beat the 7 day order deadline for the miracle heaters that are guaranteed to save everyone money on home heat bills this winter*

**Guaranteed to save money: uses about the same energy as a coffee maker; so turn down your thermostat and never be cold again**

By R.K. BERRY  
Universal Media Syndicate

It's easy to save money on home heat bills this winter. In fact, now it's guaranteed.

That's because for the next 7 days brand new Heat Surge® oak miracle fireplace mantles are being hand built by Amish craftsmen for just \$58.

The only thing readers have to do is call the Toll Free Hotline before the 7 day deadline ends starting at 8:00am this morning with their order for the Heat Surge miracle heater that is guaranteed to save everyone money on their heat bills this winter. And the Amish craftsmen will build the oak miracle fireplace mantle for just \$58.

This is not a misprint. The Amish craftsmen are actually hand building the Heat Surge oak miracle fireplace mantles for just \$58. And here's why.

"Many of these carpenters were building new homes this time last year. Now with the housing market in the tank they are using their time to build these miracle fireplace mantles," said Jacob Drakenbrod, Amish Carpentry Shop Manager.

"When you see the craftsmanship that the Amish put into every one of these miracle fireplace mantles, you'll know they are a fine piece of furniture that's built to last a lifetime," Drakenbrod said.

And here's the best part. Heat



■ **HANDSHAKE SAVES PUBLIC MONEY:** Amish craftsmen have agreed to build high quality handmade Heat Surge fireless flame fire mantles for just \$58 for the next 7 days. "They're normally two hundred ninety-eight dollars, but we need the work," said Jonas Miller, the Amish craftsman pictured above. That's why today's readers can actually get the oak miracle fireplace mantles built for just \$58 by calling 1-866-964-7132 before the 7 day deadline to order the Heat Surge Fireless Flame miracle heater that is guaranteed to save everyone money on home heat bills this winter.

Surge guarantees that everyone gets substantially lower heat bills by allowing everyone to turn down their thermostat. That means everyone who gets their miracle heater is actually guaranteed to save money on their heat bills this winter. That

makes the miracle heater a real steal at just two-hundred thirty-nine dollars since the Amish are hand building the oak fireplace mantle for just \$58.

"With the guarantee, readers have nothing to worry about. That's because if they don't

get lower heat bills within 1 full year, we'll give them every cent back, including the delivery to their home, no questions asked," Drakenbrod said.

These miracle fireplaces have the *Fireless Flame™* patented technology that gives the

## ADVERTISEMENT

peaceful flicker of a real fire but without any flames, fumes, smells, ashes or mess. Everyone is getting them because they require no chimney or vent. They are delivered fully assembled right to your door so all you do is plug them in.

The miracle heaters throw off an instant heat wave and only use as little as 9¢ an hour of electricity, about the same energy as a coffee maker. That way you can turn your thermostat way down, save tons of money on your heating bills and never be cold again. That makes your potential savings absolutely incredible.

"These portable Roll-N-Glow fireplaces are the latest home

decorating sensation," says Josette Holland, Home Make-over Expert.

That's because for a small finishing fee everyone can also choose from three other different Amish mantle finishes. They also come in manor cherry, classic black and colonial white. "That's four different possibilities in all, so they're sure to perfectly match the décor in any room of the house," Holland said.

"We're doing everything we can to make sure no one gets left out, but I don't know how long they will keep building them for just \$58. The Amish craftsmen will be straining to keep up with demands. That's why we can only let readers have two per household just as long as they call before the deadline," confirms Drakenbrod.

"So when lines are busy keep trying. We promise to get to every call. Then we will have your Heat Surge Roll-N-Glow Fireplace with custom-built Amish mantle delivered to your door right away along with your full year heat bill savings guarantee so you'll be saving tons of money on your heating bills in no time at all," Drakenbrod said. ■

### HEAT SURGE® Fireless Flame™

**How It Works:** The HEAT SURGE miracle heater is a work of engineering genius from the China coast so advanced, you simply plug it into any standard outlet. It uses only about 9¢ of electric an hour on the standard setting. Yet, it produces up to an amazing 5,119 BTU's on the high setting. So watch out, a powerful on board hi-tech heat turbine silently forces hot air out into the room from the vent so you feel the bone sooth-ing heat instantly. It even has certification of Underwriters Laboratories coveted UL listing. It also comes with a limited full year replacement or money back warranty and a heat bill savings guarantee. OH and FL resident transactions require the remittance of applicable sales tax. Sorry no shipments to MA residents.



**■ SAVES ON BILLS:** It's easy to save money this year because everyone is guaranteed to get lower bills and stay warm and cozy. The new Heat Surge Roll-N-Glow® fireplace saves a ton of money and makes your front room look like a million bucks.



**■ DELIVERED FULLY ASSEMBLED:** Every Heat Surge Roll-N-Glow fireplace comes fully assembled by Amish craftsmen and is delivered right to your door. All you need to do is roll it out of the box, plug it in and relax in front of the Fireless Flame.

## How to get your fireplace mantle built for just \$58

Today's readers can use the authorized work order to the right to get their oak miracle fireplace mantle built for just \$58 with each miracle heater for \$239.

A strict limit of two per household has been imposed. If you are a home wood worker and want to build your own mantle, they are letting people get the miracle heater for just two-hundred thirty-nine dollars and shipping.

Or for the next seven days only, just add \$58 and the Amish craftsmen will build the oak fireplace mantle and install the miracle heater for you.

FOR HEAT SURGE, LLC 8000 FREEDOM AVE N. CANTON OH 44720



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## CAUGHT ON CAMERA: Photos reveal Amish secrets of the miracle fireplace mantles

**■ HAND BUILT:** Amish craftsmen take great pride in their workmanship. Each Amish fireplace mantle is hand crafted to the highest standards and is built to last a lifetime.

**■ AMISH SECRETS:** The Amish use time tested and proven secrets passed down through generations to create heirloom quality furniture that you just can't get in any chain stores.

**■ HAND RUBBED:** Each Amish mantle is hand rubbed to perfection to ensure a deep rich glow in four different finishes; country oak, manor cherry, classic black and colonial white.

**■ SAVE MONEY:** Each custom mantle is perfectly built to encase and protect the world famous Heat Surge miracle heater that is guaranteed to cut home heating bills this winter.

**■ QUALITY FURNITURE:** After countless hours of meticulous work the finished Amish fireplace is a fine piece of furniture that looks great in any room and is guaranteed to save money.

actual damage or number of casualties.

In a December 1998 interview, Osama bin Laden declared that acquiring weapons of mass destruction is a “religious duty.” In May 2003, he secured a detailed fatwa from Shaykh Nasir bin Hamid al-Fahd, declaring the use of WMD permissible. More recently, in 2008, a congressionally mandated, bipartisan Commission on the Prevention of Weapons of Mass Destruction Proliferation and Terrorism concluded that, lacking decisive action, “it is more likely than not that a weapon of mass destruction will be used in a terrorist attack somewhere in the world by the end of 2013.”

No review of evolving threats would be complete without considering the issue of homegrown jihadist terrorism. Of particular concern are English-language Web sites encouraging violent jihad against the United States. These incubators of radicalism have mushroomed in number in recent years. Acting as accelerants, these Web sites help individuals self-radicalize in their native language. This appears to be the case with Hasan, who is accused of murdering 13 fellow countrymen at Fort Hood. Web sites have played a role in inspiring homegrown jihadist activity in other cases as well, such as the group of six men who planned to attack Fort Dix in New Jersey. All told, U.S. authorities have disrupted dozens of homegrown jihadist terror plots since 9/11.

**Race to the Swift.** In light of the evolving threat, the Obama administration’s strategy for pursuing international terrorists reflects a mix of change and continuity. The current administration has dropped the “global war on terrorism” phrase from its lexicon and pledged to shut down Guantanamo Bay, Cuba. But President Obama has also retained some key elements of the Bush administration’s strategy, including the program of extraordinary renditions whereby terrorists may be secretly abducted and transferred to prisons in countries that cooperate with the United States. Moreover, Obama has actually increased the number of Predator missile strikes against suspected terrorist targets along the Afghanistan-Pakistan border.

The Obama administration conducted protracted reviews of its Afghanistan policy before finally announcing in early December the deployment of approximately 30,000 additional U.S. troops as part of a broader counterinsurgency campaign against a resurgent Taliban. A key rationale behind this deployment was the president’s desire to prevent al-Qaeda from regaining any sanctuary in a



*The Nov. 5 shootings at Fort Hood, Texas, by Maj. Nidal Malik Hasan raise concerns about homegrown jihadist terrorism. Andrew Evans/Fort Hood Sentinel*  
Hasan’s attorney said the Army ordered a mental evaluation for his client, who is charged with killing 13 people. Uniformed Services University of the Health Sciences



Taliban-controlled Afghanistan.

In Iraq, Obama has set an ambitious timetable calling for the U.S. combat mission to cease by August 2010. It is vital that hard-fought gains in Iraq are not lost because of a calendar-driven deadline that may not correlate with facts on the ground. Al-Qaeda would achieve a major propaganda windfall if it managed to regain the strategic initiative in Iraq.

The administration has also placed a high priority on securing an Israeli-Palestinian peace agreement. Administration officials would do well to temper expectations that their efforts to secure a new agreement will reduce terrorist activity in the near term. It is worth recalling that terrorist strikes against Israel increased during the 1990s – precisely the time when the Oslo peace process was in full swing.

The evolving nature of the terrorist threat makes it essential for the United States to maintain agile and responsive counterterrorism capabilities – a challenging task for a superpower with well-entrenched bureaucracies. Security assistance mechanisms remain ponderously slow, making it difficult for the United States to provide equipment in a timely manner to friends and allies who face terrorist challenges, as happened in 2007 when Lebanon battled Fatah al-Islam during the siege at Nahr al Bared.

To be sure, there are elements of the armed forces, including U.S. Special Operations Command,

that routinely engage in high-tempo operations against international terrorists in Iraq, Afghanistan and elsewhere. Much of this activity takes place in the shadows and seldom makes front-page news.

The transnational nature of modern terrorism makes it imperative that the United States share mutually beneficial counterterrorism practices with its allies and partners abroad. In this regard, the Technical Support Working Group (TSWG) is a noteworthy example of a nimble and responsive organization. Formally established in 1986 under the auspices of the Office of the Coordinator for Counterterrorism, and funded primarily by the Department of Defense, TSWG is an interagency organization focused on research and development of counterterrorism technologies. With representatives from more than 50 federal organizations, it cooperates with selected foreign partners and has done critical work addressing the problem of improvised explosive devices in Iraq.

In recent years, successful international cooperation has also emerged from some non-traditional sources. For example, the New York City Police Department has posted detectives in dozens of overseas capitals and forged important liaison relationships. After the Mumbai attacks, the NYPD dispatched a team of investigators to India within hours. They collected valuable information by conducting interviews and reviewing the terrain firsthand. The NYPD was able to move quickly because it had already established a relationship with Indian security forces.

### **Intelligence and Communications.**

The evolving threat places a high premium on timely and accurate intelligence. The U.S. intelligence community has a mixed record in uncovering terrorist attacks and capabilities, prompting periodic efforts to reform the system. The Intelligence Reform and Terrorism Prevention Act of 2004 is the latest major effort to restructure the intelligence community. Among other steps, it created the Director of National Intelligence and National Counterterrorism Center.

Notwithstanding these efforts, the intelligence community remains deficient in some key areas, including a sufficient number of qualified linguists and savvy analysts with extensive cultural and geographic expertise. These skills are vital to mine reams of data for precious gems of actionable intelligence, and to discern the larger mosaic of emerging terrorist trends.

Accurate and timely intelligence is also necessary to choke off the financial resources of terrorist groups. The Treasury Department's ongoing effort to uncover and expose terrorist-funding sources is a key tool in this regard. Shining the spotlight on terrorist funding is a difficult challenge, given the size of the international financial system and the fact that terrorist groups routinely disguise their revenue streams. For example, Hezbollah and Hamas are among the groups that make extensive use of Islamic charities to fund their terrorist activities.

In recent years, the Treasury Department has taken important steps to crimp the funding of terrorists, including the freezing of assets of individuals and groups engaged in terrorist activities. This is a good start, but more action is necessary. For example, the United States must do a better job publicizing charities tainted with terrorist funding and companies that do business (often via third parties) with sponsors of state terrorism. Moreover, cooperative efforts aimed at draining terrorist funding sources should be vigorously pursued via academic exchanges, working-level technical discussions and senior-level policy consultations.

No amount of effort or funding will make much difference unless the United States improves its ability to communicate – in a clear and sustained

### **Well-known groups on the State Department's list of foreign terrorist organizations include:**

Abu Nidal

Abu Sayyaf Group

Armed Islamic Group

Aum Shinrikyo

Hamas

Hezbollah

Islamic Jihad Group

Kongra-Gel (formerly PKK)

Lashkar e-Taiba

Liberation Tigers of Tamil

Palestinian Islamic Jihad

al-Qaeda

Revolutionary Armed Forces of Columbia (FARC)

Shining Path (Sendero Luminoso)

fashion – its counterterrorism policy to targeted audiences worldwide.

The speed and scope of modern communication networks has changed the nature of the strategic communications challenge. Al-Qaeda and other organizations have used the Internet to propagate virulent ideology, to attract recruits and to share lethal techniques. In the 1980s, British Prime Minister Margaret Thatcher was fond of saying that publicity is the “oxygen” of terrorism. This metaphor remains apt today, given the advent of 24/7 cable broadcasts and the growth of English-language jihadist Web sites.

The battle of ideas requires the United States to communicate timely and targeted messages to local, regional, or international audiences. In recent years, the United States has established some platforms designed to counter jihadist propaganda. It created Radio Sawa in 2002, an Arabic language radio station featuring news and contemporary music. In 2004, it created al Hurra, a satellite news station, to present a more balanced picture of the news than local media outlets. U.S. officials have also made appearances on regional media outlets such as al Jazeera.

These outreach efforts constitute important, if somewhat limited, initiatives. Yet some audiences will consider U.S.-created mediums suspect by virtue of their official nature. Other voices need to play a prominent role in the war of ideas. In particular, the United States must make a higher priority of encouraging moderate Islamic clerics to speak out more forcefully and more frequently against extremists. To paraphrase the cliché made famous by the movie “Apollo 13,” silence is not an option. To assist such efforts, the United States and its allies should revitalize efforts to promote – indirectly and without fanfare – a wide range of different types of platforms, symposiums and academic conferences where moderate voices can address the problem of jihadist violence and radicalization.

**The Long Haul.** During the Cold War, the United States pursued a strategy of containment for more than four decades. Through multiple crises and wars, political leaders sustained public support to contain the spread of communism. A long-haul perspective is also needed in the war against international terrorists.

Measuring success in the campaign against international terrorism presents a difficult challenge. There is always a temptation to quantify metrics. The construction of barricades and

fortress-like embassies abroad may be necessary in the foreseeable future, but defensive measures per se are not an indication of success. Context matters in assessing success. The number of terrorists captured or killed is meaningful only in relation to the number of terrorist recruits willing to take their place.

From a broad historical perspective, the United States has never enjoyed – and will never achieve – the ability to foil every terrorist attack at home or abroad. It would be naïve to believe that international terrorism can be completely eliminated, any more than it is possible to eliminate poverty or crime. But to achieve success in the war of ideas, international terrorism must be stigmatized without any caveats or exceptions, just as slavery has been in the past. In practical terms, success means preventing major terrorist attacks at home without sacrificing cherished political freedoms.

Today, U.S. defenses against terrorist attacks are much improved since 9/11. The Department of Homeland Security has helped to enhance the country’s domestic preparedness and consequence management capabilities. Prudence dictates that while such efforts must continue, there is no need to accept the rhetorically seductive “not if, but when” fatalism regarding the inevitability of another 9/11-scale terrorist attack on U.S. soil.

Al-Qaeda and its affiliates are not invincible. It is possible to destroy terrorist groups with stamina, foresight, and the appropriate mix of military and non-military responses. The Baader-Meinhof Gang in Germany, Aum Shinrikyo in Japan and Shining Path in Peru are among the groups consigned to the dustbin of history.

If the United States and its allies adopt and sustain effective counterterrorism strategies, they will add al-Qaeda and its affiliates to the list of defunct terrorist groups. This approach must include greater efforts to sharpen the capabilities of the intelligence community, share mutually beneficial counterterrorist practices with key allies, improve strategic communications and manage public expectations for what almost certainly will be a protracted struggle. 

*James H. Anderson is a professor at the George C. Marshall European Center for Security Studies. He previously served as director of Middle East Policy for the Secretary of Defense from November 2006 to January 2009. He earned his Ph.D. in International Relations from the Fletcher School of Law and Diplomacy at Tufts University. The views expressed here are his own.*

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# POROUS AT THE PORTS

*Security at America's entry points has been a national-security focus since 9/11. With no major incidents to report, have we been good or just lucky?*

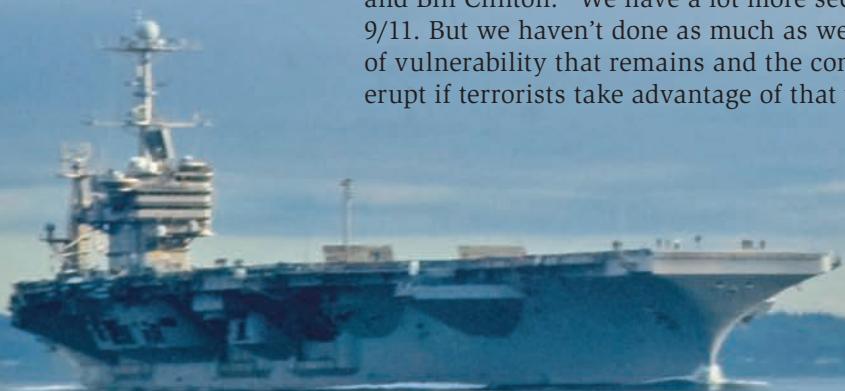
BY KEN OLSEN

**A FEW YEARS AGO**, a group of shipping containers set off radiation detectors at ports in Seattle, New York and other U.S. cities. Customs and Border Protection officers investigated and discovered the cargo – manhole covers – contained hazardous levels of Cobalt 60. Some were seized, some were sent back, and those that had not yet arrived were turned away.

The incident demonstrates both success at improving port security in the long shadow of 9/11 and sizeable gaps that remain. Radiation monitors detected a problem with the manhole covers. CBP officers, working with the U.S. Department of Energy, stopped them before they could be distributed across the United States. A sophisticated targeting system pinpointed containers still at sea and prevented their delivery.

The case of the confiscated manhole covers also shows how easily terrorists could bring bombs or other weapons to our shores. Ideally, CBP officers stationed overseas, working with shipping companies and foreign authorities, would have stopped such hazardous freight from being loaded onto U.S.-bound ships in the first place. If one of the containers full of manhole covers had carried a nuclear weapon, a terrorist could simply have detonated it somewhere near the U.S. port to bring global shipping to a standstill.

“The seaport is a most ideal civilian target because we concentrate a lot of people around ports, and we cram a lot of critical infrastructure – such as refineries and electrical grids – around that space,” says retired Coast Guard Cmdr. Stephen Flynn, who served as an adviser to presidents George H.W. Bush and Bill Clinton. “We have a lot more security than we had on 9/11. But we haven’t done as much as we should, given the level of vulnerability that remains and the consequences that will erupt if terrorists take advantage of that vulnerability.”



Adds Daniel Goure, vice president of the Lexington Institute think tank: "My conclusion is not that we are really good, but that we have been really lucky. We clearly need to put a system in place that prevents the really bad stuff from ever getting here."

There have been many high-profile changes in the way the United States deals with maritime shipping since 9/11. Port security has become a higher priority for the Coast Guard than at any time since World War II. Congress finally started funding long-overdue replacement of its aging ship and aircraft fleet and increased the Coast Guard's ranks by more than 1,100.

Customs, Immigration and the Border Patrol were combined into a super border-protection agency under the new Department of Homeland Security. CBP officers focused solely on terrorism now are stationed in 58 foreign ports that handle roughly 85 percent of ocean-going cargo shipped to the United States.

Every container that arrives on a foreign ship is scanned for radiation. If something appears awry, it is scanned again with a hand-held monitor that identifies the particular radioactive isotope. CBP officers determine if the isotope is routine – such as Potassium 40, common in porcelain toilets – or something more dangerous. The hand-held monitor is so sensitive that a person undergoing chemotherapy treatment will set it off. Meanwhile, police, Coast Guard and CBP officers at the Port of Seattle wear small radiation detectors, adding another layer of screening.

Some containers undergo an additional X-ray-type scan designed to detect unusually dense objects, such as lead shielding, that might be used to hide a nuclear device from radiation monitors. Less than 1 percent of the 11 million containers that arrive in the United States each year are physically unpacked and inspected down to the last plastic trinket, T-shirt or DVD player because of the expense and the disruption to freight traffic.

**Watch related video about the U.S. Coast Guard and port security:**  
 [www.legion.org/legiontv](http://www.legion.org/legiontv)

*Members of Maritime Safety and Security Team 91107 escort the Navy's USS John C. Stennis (CVN 74) as it transits Washington's Puget Sound. Safeguarding the nation's ports is a higher priority for the Coast Guard today than at any time since World War II.*

Coast Guard photo/Petty Officer 2nd Class Zac Crawford



## QUIRKY CARGO

Radioactive handbags and belt buckles. Rags from Pakistan that alert bomb-sniffing dogs. A mannequin that U.S. Customs and Border Protection officers initially believe is a human stowaway. And dozens of genuine stowaways.

Such is some of the unusual cargo CBP officers have found inside some of the 1.7 million shipping containers that come through the Port of Seattle each year. Each draws immediate – and intense – attention from authorities.

In August 2006, for instance, rags arrived in two containers that were among several dozen targeted for inspection by CBP, based on an analysis of the ship's manifest. When bomb-sniffing dogs found something they didn't like, Terminal 18 was shut down, workers were evacuated, and the Port of Seattle Bomb Squad was summoned.

In the end, there was no bomb. Instead, the rags had been cleaned with a nitrate-based solution that alerted the dogs to a problem, says Rod Hilden, chief security officer for the Port of Seattle.

The mannequin believed to have been a stowaway likewise raised suspicion after its container was scanned. No mannequin was listed on the manifest. So the container was emptied. Much to everyone's relief, there weren't any humans inside.

A few months earlier, however, a private security guard at the port saw people wandering around one of the freight terminals late at night. She summoned port police and the Coast Guard. Twenty-two Chinese nationals, who had arrived in a 40-foot cargo container, were easily captured.

It's a fairly common occurrence. Twenty-nine stowaways were arrested in Los Angeles in 2005. Thirty-seven were found in two different shipping containers in Seattle in 2000.

When radioactivity was detected in a shipment of handbags and belt buckles, the load was ruled an unsafe addition to consumer fashion and shipped back.

"We went from scratch to developing this," Goure says. "The problem is, you have so many targets out there, and you can't inspect all of the ships and containers and bulk cargo. So you have to reduce it to a manageable number."

Since 9/11, most ports have fenced their perimeters, installed security cameras and hired guards. A Transportation Worker Identification Card is required for port access. A detailed federal background check is conducted before any TWIC card is issued.

The pace of port-security improvements, however, is slow. Congress called for background checks and fingerprinting of more than 1 million dockworkers, truck drivers and merchant sailors as part of the Marine Transportation Security Act of 2002. The program finally became mandatory in April.

The agencies charged with protecting the ports and scrutinizing cargo are understaffed and underfunded considering the breadth of their responsibilities. Once containers arrive in the United States, CBP officers enforce more than 400 rules and regulations for other federal agencies, ranging from the Consumer Product Safety Commission to the Food and Drug Administration, Drug Enforcement Agency and Nuclear Regulatory Commission. As one Customs official put it, "Our staffing and resources haven't been keeping up with the increase in global trade for 35 years."

Many of the post-9/11 port-security measures are based on trust and good will rather than oversight and verification.

The so-called Automated Targeting System – which reviews shipper manifests 24 hours before containers are loaded in foreign ports – relies on the veracity of the shipper. "I still have deep concerns," Flynn says. "It's obvious an adversary isn't going to fill out the information correctly."

Ships also remain on the honor system for reporting to the Coast Guard at least 96 hours before arrival the names of their crews, their cargo and their last five ports of call.

Customs established the Customs-Trade Partnership Against Terrorism Program designed to reduce cargo scrutiny for shippers who implement more rigorous protection measures. The Government Accountability Office has repeatedly found flaws in the program, including the fact that it allows companies to monitor their own efforts and self-report the results, without regular follow-up inspections by outside agencies.

"Clearly, you need to have a far more stringent quality-control mechanism," says Robbie Friedmann, Georgia State University professor of criminal justice and distinguished chair of public safety partnerships. "This includes random checks, just like the health department performs at restaurants."

Although its work is considered excellent, the Coast Guard's task list is complicated and exhaustive. It has 11 separate missions, from rescuing distressed boaters to intercepting drug smugglers and providing waterborne security for everything from presidential visits to Super Bowls and the Olympics. Many Coast Guard ships are more than 40 years old, and federal money for replacements has been sluggish.

Physically inspecting the contents of suspicious containers also poses risks for the cities that surround many ports.

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PROMOTION

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*A breakthrough by a rock drummer finds combination of scientifically advanced ingredients combined with homeopathy to silence the ringing, which could save thousands from risky and expensive treatments.*

Every night for almost 18 years, if I couldn't find a fan, turn on a tv or find loud static from a vacant radio station, then sleeping was impossible. The high-pitched ringing, buzzing and humming kept me up at night. Sluggishness, tiredness and lost energy would be my nemesis the next day. Gathering the energy for my next gig was my goal everyday - a routine of coffee, then aspirin, which made it worse. I couldn't take it - it was a major problem. I couldn't sleep. I couldn't concentrate. I heard it constantly, I couldn't hide from it. Everywhere I went, it wouldn't go away...It drove me nuts! Headaches, depressive mood swings, testiness, constant state of anxiety. Due to the tenacity of Tinnitus (the ringing in the ears from exposure to loud noises, or in my case, pounding on drums and loud distorted guitar amps behind my head for years), I was determined to find real, pure, silent relief and I did with Quietus™...

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The symptoms of Tinnitus are real. I had what 1 out of 6 Americans get: the symptoms associated with Tinnitus (*ti-nahy-tuh s*) from loud noises that worsen as you age, and in many cases lead to hearing loss.

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No other treatment that I know of matches the relief that Quietus provides with effectiveness, speed and convenience. With Quietus, the ringing stops and the comfortable silence will peacefully lull you to sleep at bedtime. When the ringing stops, remembering people's names becomes easier. Mental clarity becomes your calling card. Intense focus becomes your edge...

  
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Containers tagged for such scrutiny at the port of Los Angeles/Long Beach are trucked 12 miles through a densely populated area to an inspection facility. In Seattle, such containers are moved anywhere from two to 30 miles through heavy commuter traffic to one of three inspection warehouses.

"If that contains a chemical or a biological weapon, do you really want to move it?" Goure asks.

State and local governments that own the ports and private companies that lease and operate the freight terminals also work with law-enforcement agencies to provide security – strengthening communications, coordination and law enforcement. Meanwhile, some ports say the post-9/11 security requirements are a staggering financial burden.

"One of the biggest security expenses (for ports) is paying personnel who guard their facilities," explains Aaron Ellis, spokesman for the American Association of Port Authorities. While Congress has appropriated more than \$2 billion in port-security grants since 2002, it's far from sufficient and generally cannot be used for ongoing expenses, such as wages and long-term security equipment maintenance.

"The irony is that we, the American people, have been willing to expend enormous resources to conduct the conventional war on terrorism," Flynn says. "Since the spring of 2003, we've spent about \$330 million a day on the wars in Iraq and Afghanistan. Yet, the total amount of spending on security at the port of Los Angeles/Long Beach since Sept. 11 has been a little over \$100 million."

Corruption also threatens security in some ports. The Waterfront Commission of New York Harbor, which also is responsible for the docks in New Jersey, squandered more than \$700,000 in federal Homeland Security grants and undermined efforts designed to thwart terrorists, according to the New York State inspector general. For example, a boat purchased with a \$170,000 federal grant to protect the port from a waterborne attack instead was used to ferry big shots to special events.

Many see such imbalances as examples of unwieldy bureaucracy interfering with effective domestic security. "There is no carefully constructed apparatus for keeping America safe," says Flynn, now a senior fellow at the Council on Foreign Relations. "What the Obama administration has inherited is a flimsy façade of homeland security behind which lies a deeply flawed structure, a badly broken Department of Homeland Security and a nation that remains dangerously unprepared to respond to large-scale catastrophic events." He says the administration must "act aggressively" to fix it quickly.



**TOP:** Petty Officer 3rd Class David O'Neill tutors Seaman Brent Erwin on proper use of a 240B machine gun during Port Security Unit 313 training at Naval Magazine Indian Island in Washington, where the unit served for a year following 9/11. **CENTER:** PSU 313 members receive a briefing on tactical boat crew qualifications. **ABOVE:** Petty Officer 2nd Class David Roach fires blank ammunition.

Coast Guard photos/Petty Officer 3rd Class David R. Marin

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## EQUIPPING THE COAST GUARD FOR ITS PORT-SECURITY MISSION

Nobody knows maritime traffic control like the U.S. Coast Guard Sector Seattle. It is responsible for the Puget Sound, the Strait of Juan de Fuca and the San Juan Islands, making it the largest and the busiest Coast Guard Vessel Traffic Center in the nation. Cargo ships, ferries, tankers, tugs and other boats cross the 3,500-square-mile area about 230,000 times a year.

This busy scene is tracked from a state-of-the-art operations center that opened in June 2006. Coast Guard personnel keep traffic flowing safely using radar, closed-circuit television cameras, computers, radio and ship transponders. They work closely with the Canadian Coast Guard because of the shared international waterway.

The Coast Guard enforces security zones around Washington state ferries – the largest state ferry system in the country – as well as escorting Navy aircraft carriers and submarines in and out of the area. Seattle is the third largest naval port in the United States.

The Coast Guard also now has a maritime safety and security team in Puget Sound. Created in the wake of 9/11, this rapid-response team is focused on port security, antiterrorism and law enforcement. It can be deployed worldwide within six hours.

Several other changes are under way throughout the Coast Guard fleet as terrorism and port security command more attention. The service has asked for eight new national-security cutters. The first, the *Bertholf*, was involved in a major smuggling bust in the waters off Guatemala in July. The eighth will sail in 2015 if funding is available.

The Coast Guard also is ordering Fast Response Cutters to replace its 110-foot Island-class cutters and replacing its 41-foot response boats with more modern 45-foot craft. A fleet of Ocean Sentry HC-144A turboprop airplanes, equipped with high-tech surveillance gear, is replacing aging jets. Finally, the Coast Guard is retrofitting its helicopters for airborne use of force, antiterrorism, port security and other missions.

The focus on containers – long-exploited by organized crime to move illegal immigrants, drugs and contraband into the United States – is important. Most experts agree that terrorists are more likely to smuggle a nuclear bomb into the United States than they are to launch a nuclear missile.

Container shipping is hardly the only problem. Air cargo receives far less scrutiny because it's more sensitive to time delays. The nation's just-in-time energy delivery system also is an attractive target. Roughly half the crude oil that comes into the western United States is delivered to the port at Long Beach by ship. If an explosives-laden speedboat rammed an oil tanker there, it would take months to clear the port, Flynn says.

"You are talking about 30 days to bring a salvage ship from Singapore or heavy-lift equipment from the Gulf region through the Panama Canal," says Flynn, who recommends the Navy move one of its large salvage vessels from Norfolk, Va., to the West Coast. "Everything points to a profound disruption."

This drives home another important point: ports must have the means for resuming business as soon as possible after a potential terrorist strike.

"Every major facility should have a plan in place to recover quickly," Flynn says. "The more resilient we are as a society, the less consequence an act of terrorism would be – and the less attractive it would be for terrorists to engage in."

Port-security experts say there are other ways to immediately lower the odds of a successful terrorist attack. For example, the Department of Homeland Security has access to more advanced nuclear and biological weapons sensors but has been slow to deploy them, Goure says. Ports also need well-equipped bomb squads to deal with conventional explosives instead of having to wait for outside help to arrive. The Port of Seattle Police, home to the regional bomb squad, is a notable exception.

Finally, the United States must expand its capability to track shipping. "We need an all-seeing eye on everything that travels across the ocean so that if a ship does something strange – stops off the coast of North Korea for two days – we know about it," Goure says. "We want to do the same thing for the oceans that we do for air space in the United States."

Closer to home, one element of this includes installing transponders on all boats instead of only requiring them on ships 300 gross tons and larger. Most recreational boaters resist the idea as much too intrusive.

"It's not an issue of Big Brother," says Coast Guard Lt. Cmdr. Chris O'Neil. "It's an issue of knowing who is operating on our waterways ... The most successful attacks generally involve smaller vessels laden with explosives."

In the end, port security has a long way to go, experts note.

"Our current and future adversaries are going to want to target something that will cause major disruption and kill a lot of people," Flynn says. "That will continue to make seaports an attractive target." ☰

*Ken Olsen is a freelance writer and frequent contributor to The American Legion Magazine.*

# Bob Vila endorses and recommends the famous EdenPURE® portable heater

## Millions of Americans now saving on their heating bills and raving about the “heavenly heat”

Does not get hot, cannot start a fire and will not reduce humidity or oxygen

By John Whitehead,  
Media Services

The famous infrared portable heater, the EdenPURE®, has been greatly improved.

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A major cause of residential fires in the United States is portable heaters. But the EdenPURE® cannot cause a fire. That is because the advanced infrared heating element never gets to a temperature that can ignite anything.

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For more details on the amazing EdenPURE® GEN3 Quartz Infrared Portable Heater, here is my interview with Bob Vila, America's Favorite TV Home Improvement Expert.

Q. What is the origin of this amazing heating element in the EdenPURE®?

A. This advanced heating element was discovered accidentally by a man named John Jones.

Q. What advantages does this advanced infrared heating process have over other heating source products?

A. This infrared heating process was designed around the three most important

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### Cannot start a fire; a child or animal can touch or sit on it without harm

Pictured above is Bob Vila demonstrating the famous EdenPURE® GEN3 Model 1000 heater with a family. It saves big money on your heating bill while keeping you toasty warm with “heavenly heat”.

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Q. How can a person cut their heating bill with the EdenPURE®?

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End of interview.  
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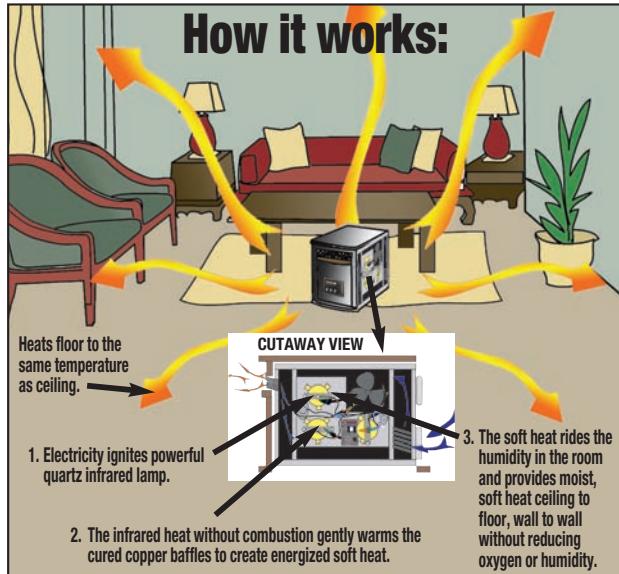
This product has been listed by Underwriters Laboratories.

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Average homeowner saves 10% to 25% monthly. This is an advertisement for the EdenPURE® Heater. All of the testimonials are by actual EdenPURE® customers who volunteered their stories, and were given another EdenPURE® heater as thanks for their participation.



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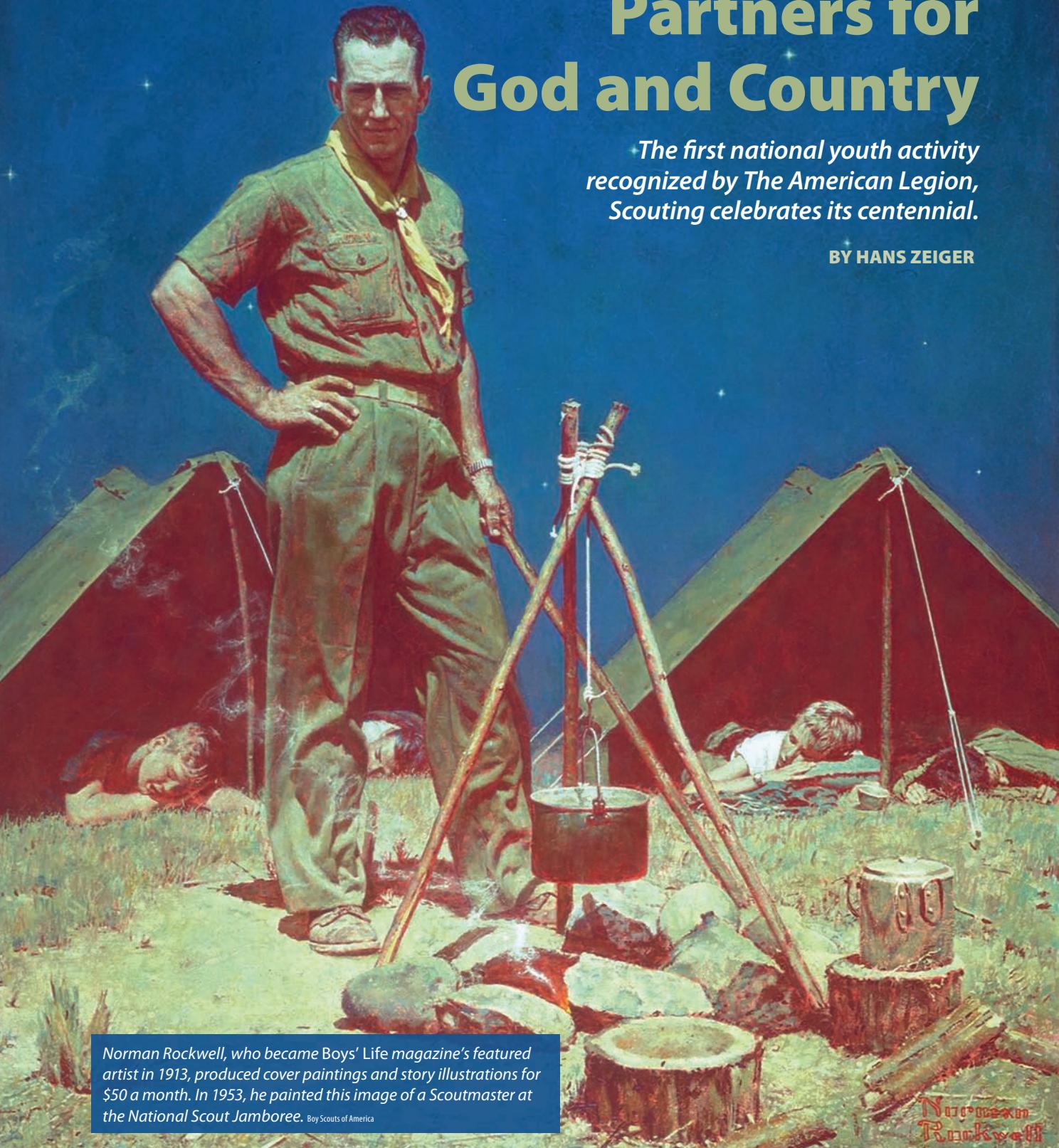
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# Partners for God and Country

*The first national youth activity  
recognized by The American Legion,  
Scouting celebrates its centennial.*

BY HANS ZEIGER



Norman Rockwell, who became Boys' Life magazine's featured artist in 1913, produced cover paintings and story illustrations for \$50 a month. In 1953, he painted this image of a Scoutmaster at the National Scout Jamboree. Boy Scouts of America

Norman  
Rockwell

## Cameron Lefler lives his life according to the Boy Scout motto: "Be prepared."

"Two of the most powerful words to live by," says Lefler, whose résumé includes going into battle as a Marine, saving lives and keeping order as a sheriff's department patrol sergeant, being a husband and father, and volunteering as an adult leader for Boy Scout Troop 174 of Puyallup, Wash. – the troop he belonged to as a boy.

Twenty-five years ago, Lefler earned the Boy Scouts Lifesaving Award for pulling a fellow Scout out of an ice-cold river in the Cascade Mountains. He had been preparing dinner around a campfire when he heard a strange sound near the flat-topped log that served as a bridge across the river. He looked over but didn't see anything. Then, as he moved closer, he saw that a younger Scout had fallen off into the frigid river. Running out onto the log, Lefler slipped on the same spot where the younger Scout had fallen, and he, too, fell into the water. The current carried both boys downstream, but Lefler grabbed onto a log along the side of the river and pulled himself and the young Scout to safety.

The rescue was good practice for Lefler's future job with the sheriff's department. Last summer, he located and rescued a hypothermic man from the Green River in Maple Valley, Wash., carrying him on his back nearly half a mile to safety.

When Lefler was 16, his father passed away unexpectedly. Adult leaders in Troop 174 were the closest men in Lefler's life to whom he could turn for help and encouragement – men such as Doug Preston, a delivery-truck driver who had grown up in the troop and decided to give back as

a volunteer, and Ed Zeiger (my grandfather), an elementary school principal and longtime Scout leader. Both encouraged him to set his sights high and not despair.

"My mentors in the troop helped me get through some really hard times," Lefler recalls. "Through all that strife I built up strength that had a moral foundation."

Such strength proved useful when Lefler joined the Marine Corps in 1988. "When it came to field operations, I already knew how to pack a backpack and set up and break down camp. Every aspect of the Scout Oath and Law was instrumental in my daily life as a Marine." As an infantryman, Lefler's posts included the Marine Barracks at 8th and

I streets in Washington, and Camp David, Md., when George H.W. Bush was president. Honorably discharged as a corporal in 1992, Lefler went to work as a deputy in the King County Sheriff's Department.

By 1997, Lefler's encounters with troubled teenagers in South King County gave him reason to worry that good kids were few and far between in America. One night – "on a whim," as he recalls – he dropped in at the Troop 174 Scout House for a meeting. He discovered his old troop was "filled with amazing young men with promising futures." Lefler decided to volunteer as an assistant Scoutmaster,

joining the troop on 50-mile hikes, volunteer projects and camping trips.

Lefler remains active in Troop 174, motivated by a sense of obligation "to give back to Scouting what I am duty-bound to return."

A similar sense of duty motivated Lt. Col. Mike Moran, a civil engineer at Camp Murray in the Washington Air National Guard, to volunteer as an adult leader in Troop 174. Moran remembers the first time he walked into the Troop 174 Scout



Two uniformed Scouts help an elderly woman across a street, a Good Turn first suggested in the 1911 Handbook for Boys. Boy Scouts of America

### LEGION-CHARTERED SCOUT UNITS, THROUGH THE DECADES

**1925**  
741

**1935**  
2,339

**1945**  
2,420

**1955**  
4,128

**1965**  
4,118

**1975**  
3,500\*

**1985**  
3,000\*

**1995**  
2,482

**2005**  
2,706

\*estimate

House, in 1993. He says he could tell "this was a way of life." For 17 years now, Moran's been a big part of it.

Moran grew up in New Jersey, attaining the rank of Life Scout. He realized his indebtedness to Scouting when he began Army ROTC classes at the University of Connecticut. "I remember being in class with a bunch of people who I didn't know,

**RESOLUTION NO. 45:**  
**Boy Scouts of America – 100th Anniversary**

**WHEREAS**, On February 8, 2010, Boy Scouts of America will celebrate 100 years as an organization; and

**WHEREAS**, The American Legion voiced its support of Boy Scouts of America at its first national convention in 1919, making it the first national youth activity officially recognized by The American Legion; and

**WHEREAS**, For 100 years Boy Scouts of America has created a strong foundation of leadership, service, and community for America's youth in preparing them to become engaged citizens and leaders; and

**WHEREAS**, Boy Scouts of America is one of the nation's foremost youth programs of character development and values-based leadership training, and teaches the core values of duty to God and country, personal honor, respect for the beliefs of others, volunteerism, and interdependence with the environment, principles which are conducive to good character, citizenship, and health; and

**WHEREAS**, Boy Scouts of America serve nearly 2.8 million young people between 7 and 20 years of age with more than 300 councils throughout the United States and its territories; and

**WHEREAS**, Boy Scouts of America "A Year of Celebration, A Century of Making a Difference" will begin on September 1, 2009, and will end on December 31, 2010; and

**WHEREAS**, The 100th Anniversary Boy Scout Jamboree will be held July 26-August 4, 2010, at Fort A.P. Hill, Virginia; and

**WHEREAS**, The American Legion desires to recognize the 100th anniversary of Boy Scouts of America and its positive influence on millions of young men and women across the country; now, therefore, be it

**RESOLVED**, By the National Executive Committee of The American Legion in regular meeting assembled in Indianapolis, Indiana, May 6-7, 2009, That The American Legion at all levels encourage and support the Boy Scouts of America in conducting their program "A Year of Celebration, A Century of Making a Difference"; and, be it finally

**RESOLVED**, That The American Legion provide its support of the 100th anniversary Boy Scout Jamboree.

but it quickly became apparent who the former Scouts were. They knew the skills for using a compass, tying knots and so on. Those basic skills for life in the woods carry over to life on the battlefield."

On his first assignment at a base in Germany, "I was feeling a void," Moran said. He volunteered to help out with a Scout troop at the post and continued his involvement with Scouting when he moved to Washington state a few years later.

Moran sees a common theme in Scouting and military service. "I think if you distill it to one word, it's leadership. The organization is similar, the troop and patrol concept. My time in Scouts and my time holding office in my fraternity were what made me successful as an officer, not college classes. How to deal with and lead people – that was an invaluable skill I learned then."

The relationship between Scouting and military service goes back to Britain in the early 1900s. Lord Robert Baden-Powell, a hero of the Boer War (1899-1902), worried that Britain's young men were unprepared physically, mentally and morally to go to war. Scouting, as a response to this problem, was not a militant movement. Rather, Baden-Powell founded the Boy Scouts in 1908 to develop character and skills that would prove useful in any walk of life. William Boyce, Ernest Thompson Seton, Daniel Carter Beard and James West were among the foremost early leaders of American Scouting, launched in 1910.

Since World War I, Boy Scout alumni have served in the U.S. Armed Forces. An Eagle Scout from Puyallup, R. Vernon Hill, organized a high-



*In this 1940s photo, a patrol leader and his assistant review their mess-kit needs for an overnight campout, honing skills that would serve them well in adulthood.* Boy Scouts of America

risk mission during World War II to rescue downed Allied airmen in the mountains of China. Hill came home to serve as commander of Puyallup's American Legion Post 67, now named in his honor.

Former Boy Scouts served and sacrificed in Korea, Vietnam, the Persian Gulf, Iraq and Afghanistan. A longtime Troop 174 assistant Scoutmaster, Tom Weston grew up in a Puyallup Scout troop and served in the Army in the late 1960s. A more recent volunteer leader and father of a Scout, Craig Carlson retired several years ago from a long career as a Marine. Lt. Col. Mike Moran served with the Army in the first Gulf War before beginning his career with the Air National Guard.

After 9/11, Cameron Lefler re-enlisted in the Marine Corps. He took a leave of absence from the sheriff's department and joined up with C Company, 1st Battalion, 5th Marine Regiment at Camp Pendleton, Calif. He served two tours in Iraq as an infantry squad leader and platoon guide.

During a firefight with insurgents at Fallujah in April 2004, an enemy bullet nicked Lefler's left elbow. He came home from Iraq with a Purple Heart. Perhaps more importantly, Sgt. Lefler was a hero to the boys of Troop 174 – boys like my little brother, Ross, who asked Lefler to speak at his Eagle Scout ceremony last May and who plans to enlist in the Marine Corps himself.

A century after its founding, the Boy Scouts are thriving. Membership stands at 2.8 million youth and 1.1 million adult volunteers. Other youth organizations come and go, but Scouting is a permanent part of the American landscape, much like The American Legion. In fact, a good deal of credit for Scouting's success belongs to the Legion – its posts sponsor more than 2,700 Boy Scout troops, serving more than 70,000 youths.

Boy Scouts of America and The American Legion were founded during a period of civic pride in the early 20th century. One is hard-pressed to find two organizations more American in their values. The Scout and Legion missions bear a distinctive kinship. The Preamble to the Constitution of The American Legion begins, "For God and Country." The Boy Scout Oath begins, "On my honor, I will do my best, to do my duty to God and my country." Scouting looks toward a future of service; the Legion builds on a record of service.

Scouting hasn't been immune from controversy. In the 1990s, a series of lawsuits targeted a Boy Scouts policy excluding open homosexuals and atheists from membership. In 1999, the New Jersey Supreme Court ruled that a local Boy Scouts Council had been wrong to revoke the membership

## THEY WERE SCOUTS AND LEGIONNAIRES

**Neil Armstrong**, Navy aviator, astronaut and first man to set foot on the moon (Eagle Scout)

**Adm. Eugene Fluckey**, World War II Navy veteran and Medal of Honor recipient

**Gen. William Westmoreland**, commander of U.S. military operations in the Vietnam War (Eagle Scout)



**John F. Kennedy**, 35th U.S. president (above). The first Scout to become president of the United States, Kennedy once petitioned his father to raise his allowance from 40 cents to 70 cents per week so he could "buy Scout things and pay my own way more."

Boy Scouts of America

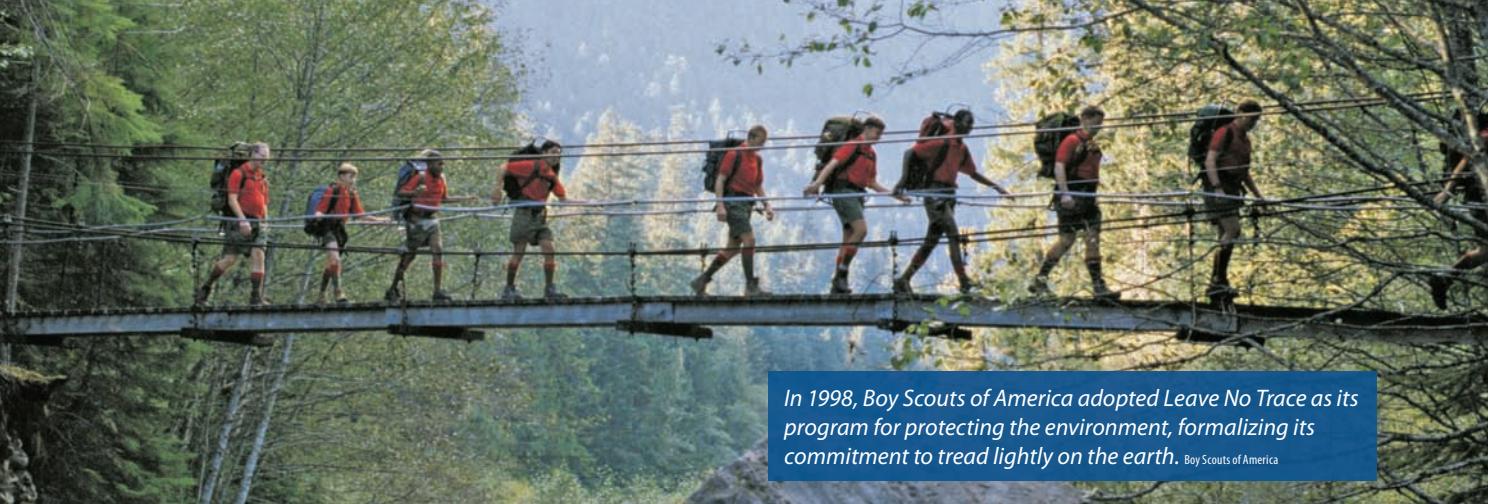
**Gerald Ford**, 38th U.S. president (Eagle Scout)

**Col. Mitchell Paige**, World War II Marine Corps veteran and Medal of Honor recipient (Eagle Scout)

**Brig. Gen. Robert Scott Jr.**, World War II Flying Tigers air ace (Eagle Scout)

of an openly homosexual Scoutmaster and that the Scouts were required to admit homosexual leaders under the state's public accommodation laws. The Scouts appealed to the U.S. Supreme Court, backed by an American Legion amicus brief. In a 5-4 decision in June 2000, the court ruled that Boy Scouts of America – like any private organization in the United States – has the right to determine its own membership criteria.

Instead of settling the issue, the court's ruling set off a new series of attacks. If the Boy Scouts could exclude individuals who do not abide by the Scout Oath and Law, government at any level can exclude the Boy Scouts from meeting on its premises, critics argued. American Civil Liberties Union lawyers argued that partnerships between the Boy Scouts and government violated either the First Amendment's prohibition on religious establishments or recent non-discrimination codes that include sexual orientation.



*In 1998, Boy Scouts of America adopted Leave No Trace as its program for protecting the environment, formalizing its commitment to tread lightly on the earth.* Boy Scouts of America

In San Diego, a federal judge ruled that the Boy Scouts are a “religious organization” whose use of San Diego’s Balboa Park for a camp crossed the line of separation between church and state. In Philadelphia, the City Council gave the Scouts a choice: eviction from a public building leased to the Scouts for \$1 per year since 1928 or expensive rent payments (the council apparently failed to consider the fact that the Boy Scouts are one of Philadelphia’s best tools in its war against youth

violence and drug use). In November, a judge ordered the city to cease efforts to evict the Scout chapter while a federal lawsuit is still pending.

In addition to lawsuits, funding issues also came up. Philanthropic organizations that once were major sources of funding to the Scouts ended their support, including the Pew Charitable Trusts, the Connecticut State Employees’ Campaign and more than 50 local United Ways.

If the Boy Scouts are controversial in the worlds of pundits, lawyers and philanthropic board rooms, the controversy hasn’t made much difference at ground level. When I went to Troop 174’s annual Ocean Camp at Ocean Shores, Wash., last spring, the old rituals were still being observed. Scouts were still playing Capture the Flag and Kick the Can and Annie-I-Over. They still went down to the beach on Saturday afternoon for a round of no-rules football – P-Ball, as it’s called. They still gathered around the campfire at night for Mike Moran’s camp songs, Ed Zeiger’s stories and Tom Weston’s fruitcake. They were still making silly mistakes, still being corrected by the adult leaders and each other, and still learning to take responsibility for themselves.

“I’m impressed,” I told people the following week. “Those Scouts are good kids.”

More impressive still is the organization of which those kids and adults are a part.

“The more I participate, the more I realize that this is really a great movement,” Moran says. That movement is now 100 years old, and an important part of U.S. history. And as Cameron Lefler likes to say, Scouting is “hope for the future.” ¶

## AMERICAN LEGION SCOUTING AWARDS

### Square Knot Award

In 2003, the National Americanism Commission established The American Legion & Scouting Square Knot Award, which recognizes the dedication and work of American Legion, American Legion Auxiliary and Sons of The American Legion members in furthering the Scouting program. Nearly 400 people have received the award.

### American Legion Eagle Scout of the Year

The American Legion Life Insurance Committee annually provides for a national scholarship to be awarded to The American Legion Eagle Scout of the Year. The winner receives a \$10,000 scholarship. Three second-place scholarships of \$2,500 are also awarded.

For eligibility requirements and other information:  
[www.legion.org/scouting/resources](http://www.legion.org/scouting/resources)  
[acy@legion.org](mailto:acy@legion.org)

### The Frank N. Belgrano Scouting Trophy

The National American Commission annually awards the Frank N. Belgrano Scouting Trophy to the Legion department that renders the most outstanding service to Scouting. Departments are encouraged to submit narrative reports for consideration.

For information about these awards and the Legion’s relationship with Boy Scouts of America, contact Mike Buss, Americanism and Children & Youth, at **(317) 630-1249** or [mbuss@legion.org](mailto:mbuss@legion.org).

*Hans Zeiger is an assistant Scoutmaster for Troop 174 of Puyallup, Wash. An Eagle Scout, he is the author of “Get Off My Honor: The Assault on the Boy Scouts of America” (B&H Books, 2005) and a senior fellow of the American Civil Rights Union. He was the 2003 American Legion Oratorical Contest champion for the Department of Washington.*

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# FAMILY MATTERS

*Speaker sees military family issues, jobs for vets as top priorities for Congress.*

As the 111th Congress drew within weeks of winter recess, Speaker of the House Nancy Pelosi and nearly everyone else in Washington were caught in a media storm of national health-care reform debate and questions about how many U.S. troops – if any – should be sent to fight the war in Afghanistan.

Amid such national headline grabbers, Pelosi summoned a group whose interests are less likely to make the nightly news. Pelosi called – as she does three or four times a year – a veterans roundtable meeting in the U.S. Capitol. This particular meeting's purpose was to help her and her colleagues establish a new set of legislative priorities for troops, veterans and their families for the second half of the current Congress.

That such a gathering of key lawmakers, veterans groups and military supporters would not

warrant media attention coincided neatly with one of the key messages of the day. "It has been a priority of this Congress that we treat every day as if it's Veterans Day," Pelosi explained in her opening remarks. "And yet, 94 percent of military families don't think other Americans understand the sacrifices their families make."

That statistic – quoted from a "Military Life Issues Survey" conducted last May by Blue Shield of California – stood as a focal point for the rest of the discussion, attended by a dozen or more

## Highlights from the 111th Congress, first session

■ American Recovery and Reinvestment Act provides \$2,400 tax credits to businesses that hire unemployed veterans.

■ Payments of \$250 each are provided to disabled veterans to help make ends meet during economic downturn.

■ GI Bill education benefits extended to all children of servicemembers who have died on duty since 9/11, regardless of the parents' length of time in the military.

■ Prohibited TRICARE fee increases for one year to stop DoD proposal to increase by \$110 a day inpatient hospitalization charges for military retirees and families.

■ Expanded TRICARE coverage to Reserve members and their families to 180 days prior to mobilization, up from 90 days.

congressional representatives, including House Veterans Affairs Committee Chairman Bob Filner, D-Calif., and Ike Skelton, D-Mo., chairman of the House Armed Services Committee. About two dozen veterans organizations, including The American Legion, shared their concerns with the speaker and her colleagues.

Rep. Sanford Bishop Jr., whose district includes Fort Benning, Ga., said a new bipartisan Congressional Military Family Caucus can help raise awareness of the difficulties faced by those with loved ones in uniform, or home from the war and coping with mental, economic or physical challenges. "We understand that families are the key to the faith and well-being of our military personnel," said Bishop, D-Ga. "The strength of our military is drawn from those families."

By the time the roundtable was over, it was clear to all in attendance that the health, welfare and economic stability of military and veteran families are near the top of a refreshed congressional priority list. Pelosi later spoke with *The American Legion Magazine*.

**Q:** *What do you see as the top priorities for the second half of the 111th Congress?*

**A:** One of the themes we heard today was about jobs and economic development and opportunity for our veterans when they come home. Certainly, we are always concerned about health and education opportunities. Mental-health issues are important as well ... issues that relate to homelessness. A job is an answer to a lot of those problems.

**Q:** *Members of Congress, like yourself, are actually providing some jobs for veterans who have come home changed by the war, correct?*



■ Established mandatory and confidential one-on-one mental health screening for all returning veterans.

■ Increased funding for VA health care by 60 percent compared to 2007, which led to 17,000 more doctors and nurses, 145 more community-based outpatient clinics and 92 Vet Centers for mental-health screening; provided access to 266,000 veterans in Priority Group 8.

**A:** The Wounded Warrior program. The initiative, from our standpoint, is the ability to say we, in Congress, have opportunities to hire wounded warriors when they come home. We can never hire enough of them to solve the problem, but we can serve as an example and a model, and take pride in doing so.

**Q:** *What role does The American Legion play in helping Congress set priorities?*

**A:** It goes back a couple of Congresses, when I became leader, and we began a series of meetings with the VSOs to establish priorities. The first year, it was the veterans disability tax – concurrent receipt. The next year, it was survivor benefits. Discreet issues. Then, when (the Democrats) won the Congress, we

had bigger goals. The American Legion has been an enormous help to us – an intellectual resource, not only on what the priorities were going to be, but how to get it done.

**Q:** *Last year, one of the Legion's top legislative priorities was advance appropriations for VA health care. With that passed, does that mean mandatory funding is off the table?*

**A:** Mandatory funding is something I have always supported. The issue, though, is that mandatory funding is very hard to offset. We saw advance appropriations as a way to accomplish the goal, so that we would remove all doubt that the funding would be there in a timely fashion. When President Obama signed this bill, it was a very special day for our country and our veterans.

**Q:** *The American Legion has been concerned about the effect a national health-care system might have on VA and DoD health-care systems. Are they protected?*

**A:** TRICARE is not affected by this, and many veterans are not in the VA health-care system. Many millions of them will benefit from the

■ Assured timely resources for VA health care by giving Congress power to authorize appropriations one year in advance of the beginning of a new fiscal year.

■ Passed legislation to expand and improve VA health-care services for female veterans.

■ Expanded Family Medical Leave benefits for next of kin providing care to recent veterans wounded or injured while in the service.

health-care legislation that we are putting forth. It has three principles: affordability for the middle class, security for our seniors (many of our veterans are seniors), and then responsibility to our children. We have to do this in a fiscally sound way, as we improve care, as we improve quality, as we lower cost, as we expand coverage to include many more people, and as we retain choice. And we have to do it in a fiscally sound way so that we are not heaping one dime on the national deficit, and that goes out for 20 years.

**Q:** Do you see VA as a model for a new national system?

**A:** Yes, in several ways. First of all, VA is VA. It's a respected brand name. Where there is confidence we want more confidence. Lessons we can learn: health IT; VA has been in the lead in information technology, which is very important to improve quality and lower cost. It is also better for the person. Second, it is better for the person when your records are where you are. You don't need to go someplace else to find out what medications you have been on in the past 10 years. Then there is the issue of being able to negotiate for lower prices for prescription drugs ... again, it lowers cost.

**Q:** One issue that seems to be stuck in time is the VA claims backlog. How do you see Congress addressing this problem in the second session?

**A:** I am from California, so I am a big believer in technology. It's just inevitable that we have to go to electronic. I know there is some resistance, but it's the wave of the future. We should really get on with it.

**Q:** Do you think there is adequate awareness of benefits for veterans and military families?

**A:** If the American people were more aware of some of the changes that have been made, more veterans would try to take advantage of them. You can reach out to (veterans) organizations, but there

are some people who are not in organizations. We want people to know what we are doing, not so they will appreciate us for it, but so they will take advantage of it.

**Q:** The Post-9/11 GI Bill was a major recent accomplishment for Congress, but there were a few bugs in the delivery of the benefit. Some suggested it should have been outsourced, which the Legion opposed. What are your thoughts on how that all worked out?

**A:** I know that was not ideal, but at least we recognized the challenge, and I think (VA) made up for it right away by sending out the \$3,000 checks and the rest. VA has been successful negotiating for rates and doing health-care IT largely internally. There is resistance to contracting because we want to maintain the VA quality. We don't want any error, and we want those who are responsible for it to be responsible for it.

**Q:** It seems like attention to veterans issues, in particular, only comes around a couple of times a year, on patriotic holidays.

**A:** We owe so much to our veterans. Of course, Veterans Day is a day of recognition. But we don't have the right to join the observance unless we have been fighting all year for the cause. I thank The American Legion for its tremendous leadership. It has been a tremendous resource to us, because of the leadership it provides to the VSOs, bringing cohesion and priority to what we are doing.

Now we are expanding more into military families. It's heartbreaking; we are in the seventh year of war, and the needs of families are tremendous. It's heartbreaking when you see how far outside the consciousness of the American people they are. We need to make people care. It's heartbreaking when I read that 94 percent of American military families don't believe anyone else understands their challenges. ☺

– Jeff Stoffer

## Highlights from the 111th Congress, first session

■ Passed legislation giving military spouses the ability to keep or change residency when they move from station to station, as is done for servicemembers, eliminating the need to file tax returns for multiple states, change vehicle and voter registrations for every move.

■ Passed legislation providing greater support for caregivers of wounded, sick or injured veterans.

■ Paid more than 185,000 servicemembers who had their enlistments involuntarily extended after Sept. 11, 2001, \$500 for every month held under stop-loss orders.

■ Worked with government, public-private partnerships to invest nearly \$24 billion in better housing for military families.

■ Expanded DoD's Homeowners Assistance program and provided \$555 million to help military homeowners who may be forced to sell their homes at a loss because of orders to relocate, injuries or illnesses.

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for veterans; better understanding  
of the war needed for military*

House Minority Leader John Boehner, R-Ohio, gave a speech at an American Legion post last Veterans Day and hit on all the big issues confronting our nation: health care, national security, the economy, the war. But before he left, two Legionnaires approached him with a problem a bit closer to their hearts: VA's beleaguered benefits-claims processing system.

The backlog of undecided claims – which numbers somewhere between 500,000 and 1 million, depending on who's counting – has haunted VA for generations. Boehner realized after the speech just how frustrating the backlog is to those who've served in uniform and are entitled to timely decisions and delivery of benefits.

"I was at American Legion Post 218 in Middletown, Ohio, and the two Legionnaires talked to me about their claims that have not been resolved," Boehner explained in an interview with *The American Legion Magazine*. "Veterans should not have to wait six or eight months to have their claims resolved. VA has to reduce and eliminate this backlog. Whether it's streamlining the process or technology or whatever it takes, VA needs to get this cleaned up."

The highest ranking House Republican acknowledges that the first half of the 111th Congress produced many important developments for veterans, but the backlog, the war, the economy and the prospect of a national health-care system weighed on his mind when he recently spoke with *The American Legion Magazine*.

**Q:** *What do you see as unfinished business for veterans heading into the second session?*

**A:** I think veterans employment issues are likely to be important. The unemployment rate for veterans of Iraq and Afghanistan is approaching 12 percent. That is unacceptable.

**Q:** *What can be done to provide more jobs for veterans, given the difficult economy?*

**A:** That is very difficult to do – focus a program or programs on it. In the absence of a strong national economy, we are beating our heads against the wall. The key is to get the economy moving. (The current approach to economic recovery) is supposed to be about jobs, and it's turned into more about government spending.

**Q:** *How do you see a national health-care system affecting VA and DoD?*

**A:** I think the cost of this government takeover of health care is going to end up crowding out the rest of the budget. As a result, the funding for veterans health care and DoD health care are likely to get squeezed. The money crunch that is going to come as a result of this is going to affect everything.

**Q:** *What can be done to show better support for the military and their families?*

**A:** The only way to do that is to make sure you discuss it – show support for not just the soldiers, but families as well. Members of Congress and others need to recognize this. It is our job to make people understand what members of our military and their families do for our country.

I think the incident at Fort Hood, and the aftermath, helped Americans realize that we are at war, and our soldiers and families pay a heavy sacrifice. Here is a case that really put the spotlight on those families. There are a lot of unanswered questions about how it happened, but there is no question that terrorists want to inflict harm on the American people, both here and abroad. The threat is real, and it is enduring. We just can't turn our heads and act as though it has gone away. ¶

– Jeff Stoffer

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—George Thomas  
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# Earl B. Dickerson

*Civil-rights lawyer organized post for black veterans.*

Sitting in the smoking room at the University of Chicago Law School, Earl Dickerson read Woodrow Wilson's message to Congress, in which the president declared the United States would fight "for all universal dominion of right by a concert of free peoples as shall bring peace and safety to all nations and make the world itself at last free." Soon after, he volunteered for military service.

"It lifted me to the skies, close to my dreams," Dickerson later told Robert Blakely, his biographer. "Here was an opportunity for me to take a direct part in the struggle to bring freedom and equality to the world – a world in which blacks could take their rightful place as a result of this magnificent triumph."

A second lieutenant, Dickerson was in the trenches from September 1918 until the final drive to capture the fortress Metz. After Germany surrendered, the 92nd Division stayed in France for a few months, and during that time Dickerson heard about a meeting where soldiers would be talking about forming a veterans organization. He attended that first caucus of The American Legion, and was one of 25 blacks at the St. Louis caucus in May 1919.

Upon returning to Chicago, Dickerson organized a post for black soldiers, and suggested it be named for Lt. George Giles of the Eighth Illinois Infantry, who was killed by shrapnel while leading his platoon into a French city held by the Germans. Dickerson served as commander of George L. Giles Post 87 for four years.

Concerned that some Legion departments would segregate or refuse to grant charters to black posts, Dickerson campaigned, unsuccessfully, for their right to appeal to the national organization. He saw his role in the Legion as important to the cause of civil rights, believing the "contribution of black soldiers to the war for democracy in Europe would have to be recognized before the war for equality at home could truly be won," Blakely writes.

Known as Chicago's "dean of black lawyers," Dickerson worked for racial justice and equality inside and outside the courtroom. He helped organize the NAACP Legal Defense and Education Fund in 1939, and the following year, he won a landmark case that opened previously segregated housing for blacks in Chicago and across the country. In 1963, during the March on Washington for Jobs and Freedom, Dickerson stood to the left of Martin Luther King Jr.

On the wall of his study, he displayed a certificate identifying him as a founder of The American Legion. At a Post 87 dinner in his honor, Dickerson proudly accepted a life membership: "To the extent that I make a contribution to causes which have continuity, then I gain something which in itself has immortality."

– Matt Grills



## The dossier

Born to Edward and Emma Dickerson in Canton, Miss., on June 22, 1891.

First black graduate of University of Chicago Law School, 1920.

Commissioned second lieutenant, October 1917. Served as interpreter and led a platoon on the front lines in northern France.

Married Kathryn Kennedy Wilson and had a daughter, Diane.

General counsel for black-owned Supreme Life Insurance Company of America, 1921-1955.

First black Democratic alderman elected to Chicago City Council, 1939-1943.

Argued *Hansberry v. Lee*, a U.S. Supreme Court case that led to the end of racially restrictive housing covenants, 1940.

Member of President Franklin Roosevelt's Fair Employment Practice Committee, 1941.

Died at home in Chicago on Sept. 1, 1986, age 95.





## [VERBATIM]

“It will be one of the best Christmas presents this Congress has ever given the American people.”

**Sen. Tom Harkin, D-Iowa**, on the enormous health-care reform legislation scheduled for a Christmas Eve vote

“Don’t count on that.”

**Russian Prime Minister Vladimir Putin**, when asked if he had any plans to retire



“This is all happening because my father didn’t buy me a train set as a kid.”

**Investor Warren Buffett**, on his company’s \$26 billion purchase of Burlington Northern Santa Fe railroad

“Virginia is for lovers. Texas is for jobs.”

**Texas Gov. Rick Perry**, teasing Virginia Gov. Bob McDonnell at a Republican Governor’s Association meeting

“I think it’s been years.”

**Defense Secretary Robert Gates**, on the last time he received good intelligence on Osama bin Laden’s whereabouts

“It shook me up, but there is not much else you can do but get on with the job you are out here to do.”

**British Army Pvt. Leon “Willy” Wilson**, who survived a bullet ripping through his helmet and missing his head by 2 millimeters in Afghanistan. He was back on duty within an hour.

Sources: BBC, *The New York Times*, Politico, BBC, ABC News, CNN

## [HISTORY]

# Why they fought



*‘For Love of Liberty’ tells black soldiers’ stories.*

Since the American Revolution, black soldiers have fought for – some have died for – the United States. But why? Why did they risk life and limb for a country that, until 50 years ago, rarely acknowledged their service and sacrifice?

A PBS documentary airing this month offers an answer. “Like all Americans in all wars, African-Americans fought for the love of liberty – the one thing we all fought for and all cherished,” says Frank Martin, director of *“For Love of Liberty: The Story of America’s Black Patriots.”*

The film chronicles the military contributions of black Americans, from Crispus Attucks – an escaped slave who was the first casualty of the Revolutionary War – to the war on terrorism. Filmed in high definition, the documentary uses letters, diaries, speeches, journalistic

accounts and first-person stories, many never before heard or seen.

“We’ve uncovered probably every scrap of film that has been shot on this subject,” Martin says. “We’ve got footage of the Buffalo

Soldiers marching off to Cuba in 1898 for the Spanish-American War. It’s probably the oldest film we have in the documentary. It’s extraordinary stuff.”

“For Love of Liberty” enlists numerous actors, politicians, musicians and celebrities, including former Secretary of State Colin Powell, who introduces the film, and actress



Halle Berry as on-camera host. “Star Trek: Deep Space Nine” actor Avery Brooks narrates, while others – Mel Gibson, Morgan Freeman, Bill Cosby, John Travolta, Ice-T, and the late Walter Cronkite and Isaac Hayes – lend their voices.



**LEFT:** The Cheyenne Indians are believed to have coined the term "buffalo soldiers," out of respect for the fighting ability of the U.S. Army's all-black 10th Cavalry. The soldiers took pride in the nickname.

**BELow LEFT:** Specialist 4th Class Esther M. Gleaton, a Women's Army Corps clerk-typist, served in Long Binh, Vietnam, in 1968 and 1969.

Actor Louis Gossett Jr., who won an Academy Award for "An Officer and a Gentleman" in 1982, signed on as executive producer almost immediately. "This documentary and documentaries like it are essential for this generation and generations to come, so we can get along a little bit better and become comfortable with diversity," Gossett says.

He and Martin chose not to include any interviews. Instead, they relied on first-person accounts.

"The result is a film that works on a visceral level," Martin says. "It's intended to be emotional. It's intended to be, in places, heartbreak, which you can never achieve using a dispassionate interview with a historian."

That intensified the research process, which unearthed plenty of rarities. "We found about 15 minutes of color 16-mm film of the Tuskegee Airmen flying those red-tailed P-51 Mustangs of theirs (in World War II). It was with a camera, not footage that was shot out the window or gunfight footage."

In addition, filmmakers traveled to military cemeteries around the country and abroad to find graves of black U.S. servicemembers. "Right outside of Cleveland there was a nondescript private cemetery for Cpl. Clinton Greaves, a Medal of Honor recipient from the Indian Wars, a Buffalo Soldier," Martin says. "The country is full of those. I would encourage anybody looking to touch this in a very tangible way to go visit them."

Gossett says he enjoyed being actively engaged in crafting "For Love of Liberty."

"So many stories in this documentary haven't been told," he says. "We need to be thirsty for information and stories we might not think we identify with. We're going to a place that is making us a little bit more homogeneous. We are trusting each other, and now the country is beginning to get its true character. It's very exciting to be alive and watching it, and to be somewhat instrumental in some of the stories that are coming out."

— Andy Romey

[LEGION.ORG]

## GET INSIDE THE DUGOUT

American Legion Baseball fans, players, coaches and managers are encouraged to subscribe to *The Dugout*, a new e-newsletter that will offer subscribers a convenient way to enter [www.legion.org/baseball](http://www.legion.org/baseball), where new team-management features are available. Coaches can post their rosters, schedules, team photos and more. Visit The American Legion Web site to subscribe.

 [www.legion.org/baseball](http://www.legion.org/baseball)

“We left the Veterans Guest House and stopped at the VA hospital to visit with the veterans in the long-term care center. For some of the patients, this is the last place on earth for them, and some will pass with no family or friends to care for them. Anytime someone comes along to talk with them, and show them that someone cares, is a day that makes them smile.”

**Vic "Doc" Moss**, adjutant, American Legion Paradise Post 149, Las Vegas, reporting on the Legiontown USA blog site about his post's Operation Wounded Warrior program and other ways Legionnaires are touching lives of Nevada veterans

 [www.legion.org/legiontown](http://www.legion.org/legiontown)

Nearly 3,000 Facebook friends of *The American Legion Online Update* – the e-newsletter of the nation's largest veterans organization – share their stories, comments, likes and dislikes every day. The *Online Update*, meanwhile, recently passed 210,000 subscribers and continues to grow. Sign up today. Best of all, it's free.

 [www.legion.org](http://www.legion.org)



Getty Images

# 'WE ARE GOING TO STAY, PERIOD'

***Better known as the Berlin Airlift, the Allies' Operation Vittles shamed the Soviets.***

BY ROGER MEYER

On June 18, 1948, the Western Allies quietly replaced Germany's worthless Reich mark with the new Deutsche mark. Up to then, cigarettes were used as currency. The Russians, afraid of losing control over the commerce, reacted by blocking all road and rail traffic into Berlin. They expected the Allies to abandon the city.

Although the chances of a successful airlift to supply the city seemed slim, President Truman said, "We are going to stay, period."

Great Britain and the United States organized Operation Vittles, better known as the Berlin Airlift. It began June 26, 1948, with the delivery of 90 tons of supplies. The first plane carried oranges.

The 2.2 million Berliners required 4,500 tons of food and coal daily. The coal was for electric power. In July, the average was less than half the requirement. Berliners ate wild birds to get meat. They chopped down trees in parks for firewood. With power shortages, they lived largely by candlelight.

By October, the daily average increased to 4,760 tons, exceeding the minimum requirement. Planes had to fly at 3-minute intervals around the clock.

The estimate of 4,500 tons of food and coal was made in the summer, when the Allies expected the blockade to last just a few weeks. When winter arrived, the food requirement remained at 1,500 tons, but 6,000 tons of coal were suddenly needed for power and heat.

By spring 1949, 400 aircraft – 250 American, 150 British – were delivering a daily average of 8,000 tons.

One of the airlift pilots flew into Berlin as a tourist. He saw children watching the landings and, as a goodwill gesture,

he handed them sticks of gum. He promised the next time he flew into Berlin, he would drop candy. Asked how they would know it was him, he replied, "I'll wiggle my wings."

The next day, he dropped candy attached to parachutes made from handkerchiefs. Every day the number of children increased as he continued to drop sweets. Other pilots heard about it and also began dropping candy. Soon, the Allies received a stack of letters addressed to "Uncle Wiggly Wings." The effort became known as "Operation Little Vittles." More than 3 tons of candy were dropped using 250,000 parachutes. It became a major propaganda triumph.

By April, the airlift was clearly succeeding, delivering more cargo into Berlin than had been transported by rail and truck. The Allies prepared what they called their Easter Parade, an all-out effort to achieve a record airlift tonnage and to convince the Soviets of the futility of their blockade. Between noon on Saturday and noon on Easter Sunday, the Allies flew 1,398 flights and carried 12,941 tons of supplies.

Not long after, the Soviets lifted the blockade. It had not only failed, but they looked silly and suffered a moral defeat.

Cheering crowds welcomed the first trucks to arrive in Berlin. The airlift had delivered 2,326,406 tons of food and supplies on 278,228 flights. The planes flew over 92 million miles, nearly the distance from the earth to the sun.

Gen. Lucius Clay, commander of the U.S. occupation zone in Germany, said in a report to Congress, "I saw the spirit and soul of a people reborn. This time the people of Berlin cast their lot with those who love freedom."

*Roger Meyer is a Michigan-based writer whose articles have appeared in more than 70 publications.*

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## A SPECIAL HOMECOMING

Cmdr. H.B. Le, left, commanding officer of USS *Larsen*, sailed his destroyer into Da Nang, Vietnam, for a historic and moving port visit late last year. Some 35 years earlier, Le – at the time only 5 years old – and his family fled what was then a country ravaged by war.

"My crew and I are proud to be able to represent our country to the people of Vietnam," he said.

Le escaped Vietnam on a fishing trawler that his father, then a South Vietnamese naval officer, commandeered and sailed to safety. The trawler was crammed with 200 refugees, including Le's family. The vessel drifted for about three days before USS *Barbour County* rescued the refugees May 2, 1975, as U.S. Pacific Command reports.

Le's family ultimately resettled in Virginia. Le became a U.S. citizen in 1985 and graduated from the U.S. Naval Academy in 1992. But during his dramatic return to Vietnam, he was quick to shine the spotlight on his parents and the people who sponsored his family's "new beginning" in Virginia. "Service to my country by pursuing a naval career – that's my way of trying to give back to them and my parents," Le told Pacific Command.

### [WAR ON TERROR]

## 'You came to rebuild'

Max Boot of the Council on Foreign Relations draws important contrasts between the U.S.-led effort in Afghanistan and earlier foreign interventions, which are often cited by critics of the current U.S. mission.

"In recent polling, only 4 percent of Afghans express a desire to see the Taliban return to power," Boot says. "Sixty-two percent have a positive impression of the United States, and 82 percent have a favorable view of our chief on-the-ground ally: the Afghan National Army."

An assessment by Gen. Stanley McChrystal quotes Afghanistan's defense minister, Abdul Rahim Wardak: "Afghans have never seen you as occupiers, even though this has been the major focus of the enemy's propaganda campaign ... Unlike the Russians, who destroyed our country, you came to rebuild."

**Read more online: [cfr.org/publication/20618](http://cfr.org/publication/20618)**

### [FOREIGN AFFAIRS]

## Arms supply

The United States dominates the world arms market, with Russia a distant second. The findings were recently reported by the Congressional Research Service:

SUPPLIER	VALUE 2005-2008
1 United States	\$91.3 billion
2 Russia	\$34.3 billion
3 France	\$17.5 billion
4 United Kingdom	\$16.9 billion
5 Italy	\$7.6 billion
6 China	\$6.1 billion
7 Germany	\$6 billion
8 Israel	\$5.3 billion
9 Spain	\$4.4 billion
10 Austria	\$3.1 billion

Buyers of U.S. hardware among developing nations include the United Arab Emirates (Patriot air-defense systems), Morocco (24 F-16 C/D fighter-bombers), Taiwan (30 AH-64D Apache helicopters), India (six C-130 cargo planes) and Iraq (140 M1A1 Abrams tanks). Russia's key clients include China (destroyers, missiles, submarines) and India (tanks and fighter planes).



U.S. Marine Corps



[PERSONAL FINANCE]



## LEASE OR BUY?

You're in the market for a new vehicle. You've seen what the dealers are offering and know the make and model you want. Should you buy or lease?

Pat Goss, co-host of the national TV show "Goss' Garage," based in Lanham, Md., says, "The main reason for leasing these days is to end up with a lower monthly payment than you would ordinarily get by purchasing." If you can't get that, Goss says, then you should consider buying.

Some of the previous tax advantages for leasing are gone. "You need to do the math with a tax professional to make sure that what you might get as a tax benefit outweighs what you have to pay in interest on your lease," Goss says.

In effect, whether to lease or buy is a personal decision. You need to know how you'll be driving the new car, truck or van. "If you are fairly careful with your driving, getting a lease can be a good choice," says Jarvis F. Windom with One-Plus-One, a Wheatland, Wyo., accounting firm. On the other hand, "if you are a hard driver," Windom says, "purchasing might prove to be a better deal."

To help with this decision, advises Robert L. Cross, president of the National Society of Accountants, based in Alexandria, Va., "There's a useful lease-or-buy calculator you can find on our Web site, [www.oneplusone.com](http://www.oneplusone.com)." You have to know the vehicle's make and model, plus the payment arrangements.

As for your automobile insurance, "you need to be on the lookout for hidden costs that may be required by the leasing agreement," says Debbie M. Taylor, vice president of the Personal Insurance Department of the Washington, D.C.-based Rust Insurance Agency. For example, "you may have to pay early termination costs, extra mileage surcharges and wear-and-tear fees," she says.

And then there is "gap" insurance that covers you for the amount shown on the lease contract – a point to discuss when making a deal. You may be covered by your existing policy. If not, your insurer should be able to get this for you. Ask about "gap coverage," the money paid to cover the difference between what you owe on your lease and what the insurer will pay if your vehicle is totaled. Leasing companies will want verification that you have this coverage.

"Leasing can get you a brand new vehicle that you otherwise couldn't afford to buy," says Sally J. Greenberg, executive director of the Washington-based National Consumers League. But if you go over the mileage allowance, "you may get slammed financially, having to pay per mile at a very high rate."

"Then there are all those incidental charges they can throw at you for excess wear and tear, for such things as dog or cat smudges, food spills on the seats and scratches on the metal finishes," Greenberg says. "If you drive a lot, loading up your trunk and putting such things as bikes and gardening equipment in the car or van, you have to ask yourself if leasing is a viable option."

Otherwise, if you really like a new vehicle every two or three years, she says, "leasing may make sense."

– Peter Weaver

[ECONOMICS]

## Don't forget tax breaks based on military status

As we close out 2009 books and prepare to address the IRS, make sure you are aware of deductions to which you might be entitled based on your military/veteran or employee status:

■ **IRS Manual**

**Part 6, Chapter 300, Section 3** lists tax advantages of hiring and training veterans.

■ **IRS Bulletin**

**2009-24** offers

information on business credits for hiring unemployed veterans.

■ **Work Opportunity Credit IRS**

**Form 8850 (August 2009).** See the IRS tax guides for military personnel. Also, tax information for U.S. servicemembers is available online at [www.irs.gov/newsroom](http://www.irs.gov/newsroom).

You may be eligible for other deductions, including:

■ **Net operating losses.** The tax law's use of NOL carrybacks allows those losses to be carried back to profitable years and generate a refund.

■ **Code Section 179 expensing.**

Businesses can deduct up to \$250,000 for qualifying equipment purchases. The property must be used more than 50 percent for business.

■ **Bonus depreciation.** A related and also temporary tax break is 50-percent first-year bonus depreciation.

■ **Business vehicles.** The standard rate for business use of vehicles is 55 cents per mile for 2009. Alternatively, you may use the actual cost method.

Most important, make sure you have a qualified, cost-effective tax professional in your corner who understands your business.

*Louis J. Celli Jr. is a retired Army master sergeant who has started and developed businesses, and has counseled hundreds of veteran entrepreneurs. He is CEO of the Northeast Veterans Business Resource Center. Readers can send questions for "On Point" to [lcelli@nevrc.org](mailto:lcelli@nevrc.org).*

**ON POINT**



**VETERANS & BUSINESS**

BY LOUIS J. CELLI JR.



George Roese, Founder of Bonro Medical



George Roese, CPT (P), Ret.



## MEDICARE COVERS ERECTILE DYSFUNCTION

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[CHILDREN &amp; YOUTH]

## Boy Scouts, Mercy Medical among CWF grant recipients

The American Legion Child Welfare Foundation has awarded \$636,869 to 19 nonprofit organizations for the dissemination of information to the public and specific target groups. The grants were approved during CWF's annual board of directors meeting in Indianapolis on Oct. 11 and include:

**American Legion Children's Home of Ponca City, Okla.**, received \$41,000 to increase awareness of The American Legion Children's Home, which supports the children of veterans' families in need. American Legion Auxiliary and Sons of The American Legion sponsor this grant.

**Boy Scouts of America Exploring Program of Denver** received \$35,717 to produce 12,000 course catalogs, 31,200 flyers and 90 posters for the "Experience 9 to 5" program.

**Mercy Medical Airlift of Virginia Beach, Va.**, received \$45,700 to develop five updated Web sites and a full social-media presence to provide information to the public and pediatric medical world regarding available charitable child-patient long-distance medical air transportation. Sons of The American Legion sponsors this grant.

**National Center for Learning Disabilities of New York** received \$45,500 to revise and enhance its Web site to make parents of children with learning disabilities aware of their children's rights and how to advocate for them.

**See the complete list of 2010 CWF grant recipients:**  
 [www.legion.org/childwelfare/awards](http://www.legion.org/childwelfare/awards)

[CONVENTION]

## Tippin to perform at convention

Country music singer Aaron Tippin will perform at the 92nd National Convention in Milwaukee, during the National Commander's Banquet on Aug. 31.

Tippin toured the Middle East with Bob Hope during Operation Desert Storm and regularly visits U.S. forces serving in Iraq and Afghanistan. He says his patriotism is inspired by both his father and Vietnam War veterans, and he often stays after concerts to sign autographs and visit with the troops.

The National Commander's Banquet will be at the Midwest Airlines Center, Grand Ballroom, Street Level. Tables will be rounds of 10, and each ticket is \$45. Sales are limited to 1,950 total tickets. The department sending in the first ticket request will sit closest to the stage.

Checks should be payable to the Legion's national treasurer. Contact your department adjutant to purchase tickets.

**Read more online:**

 [aaronippin.musiccitynetworks.com/index.htm](http://aaronippin.musiccitynetworks.com/index.htm)



U.S. Air Force



[MEETINGS]

## Discount airfare offered for 2010 Legion meetings

The American Legion has obtained airline discounts with American Airlines, Northwest Airlines and United Airlines for the organization's 2010 meetings, and with Midwest Airlines for the national convention only.

Those who want National Headquarters to obtain their travel tickets can contact Marti Wooden, the Legion's in-house travel agent, at **(317) 630-1232** from 8 a.m. to 4 p.m. EST or [mwooden@legion.org](mailto:mwooden@legion.org). Otherwise, Legionnaires can go through the airlines directly to obtain discounts.

Tickets should be purchased at least 30 days prior to traveling.

### AIRLINE CONTACTS

<b>Northwest Airlines</b>	(800) 328-1111	World File No. NM4MN
<b>United Airlines</b>	(800) 521-4041	Tour Code No. 564HT
<b>American Airlines</b>	(800) 433-1790	Index No. 20914
<b>Midwest Airlines</b> <i>(national convention only)</i>	(800) 452-2022	Discount Code CMZ7222

### 2010 LEGION CALENDAR

Jan. 8-10	<b>Membership Planning Meeting, Indianapolis</b>
Feb. 24-March 3	<b>Department Service Officer School / Washington Conference (DCA, BWI, IAD)</b>
April 9-11	<b>Oratorical Contest, Indianapolis</b>
May 1-6	<b>NEC Spring Meetings, Indianapolis</b>
July 21-31	<b>Boys Nation, Washington</b>
Aug. 3-8	<b>Junior Shooting Sports, Colorado Springs, Colo.</b>
Aug. 5-7	<b>Department Service Officer School / Membership Workshop, Indianapolis</b>
Aug. 4-9	<b>American Legion Baseball Regionals (BDL, ABE, BNA, DFW, CMI, MCI, GEG, LAS)</b>
Aug. 12-17	<b>Legion Baseball World Series, Spokane, Wash.</b>
Aug. 25-Sept 3	<b>92nd National Convention, Milwaukee</b>
Sept. 17-10	<b>Children &amp; Youth Conference, Indianapolis</b>
Sept. 24-26	<b>Americanism Conference, Indianapolis</b>
Oct. 8-15	<b>NEC Fall Meetings, Indianapolis</b>
Oct. 23-29	<b>Legion College, Indianapolis</b>

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## RAPID FIRE

### [EMBLEM SALES]

#### 'Flag & Emblem' catalog in mail

The 2010 American Legion "Flag & Emblem" catalog has more than 70 new items for Legionnaires, American Legion Auxiliary and Sons of The American Legion members, along with brand-new offerings for Legion Riders.

Nearly 85,000 catalogs have been mailed to those who made purchases within the past

three years. New products include service-branch challenge coins, ties and caps; Legion, Auxiliary and SAL emblem T-shirts; polar fleeces and marathon polos; Lady Legion blouses and T-shirts; Boys State caps and more. For American Legion Riders, conchos, caps, leather vests and chaps are now available.

**Order online 24 hours a day:**

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**Emblem Sales' toll-free number:**

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### [MEMBERSHIP]

#### Hill awards 'challenge' pin

National Commander Clarence Hill will award his "I Met T.H.E. Job Challenge" pin to any Legion family member who signs up at least five new members. A new member is defined as any eligible person joining for the 2010 membership year who was not a member the previous year.

Hill's goal is to recognize those in the Legion family who actively recruit new members. To maintain the integrity of the National Commander's Pin incentive program, only one will be awarded per individual.

Upon receipt of certification forms, national membership staff will confirm the names and mail the pin directly to recipients. Hill's "I met T.H.E. Job Challenge" pin incentive will end June 30, 2010, or when supplies are exhausted.

**Find certification forms online:**

 [www.legion.org/commander](http://www.legion.org/commander), click on "Incentive Program"

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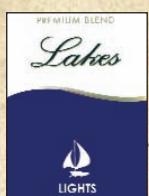


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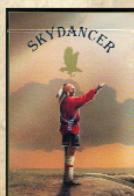


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### How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280, e-mail [reunions@legion.org](mailto:reunions@legion.org) or submit information via our Web site, [www.legion.org/reunions](http://www.legion.org/reunions).

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number of reunions, The American Legion Magazine will publish a group's listing only once a year.**

Notices should be sent at least six months prior to the reunion to ensure timely publication.

### Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to **The American Legion Magazine, Attn: In Search Of, P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280 or e-mail [reunions@legion.org](mailto:reunions@legion.org).

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. **This does not include a**

**member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206**.

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation Division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206**. Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

## AIR FORCE/ARMY AIR FORCES

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**55th & 58th Weather Recon Sqdn**, Branson, MO, 6/9-11, Conrad Layton, (918) 446-6945, [conradlay@aol.com](mailto:conradlay@aol.com);  
**102nd AC&W Sqdn Assn**, Falmouth, MA, 6/6-8, Hank Connors, (401) 437-1482, [hank.connors@cox.net](mailto:hank.connors@cox.net);  
**494th Bombardment Grp (WWII)**, Mobile, AL, 4/29-5/3, Marshall Keller, (248) 626-3684; **Aeromedical Evac Assn**, New Orleans, 5/12-15, Tom Osborn, (612) 270-5485, [tom6551@netzero.net](mailto:tom6551@netzero.net);  
**Albrook Air Police**, Gettysburg, PA, 4/27-29, Bob Carlson, (508) 668-1655, [bandjc2@verizon.net](mailto:bandjc2@verizon.net);  
**Nagoya Komaki Assn**, Flagstaff, AZ, 5/23-26, Ted Eaton, (623) 556-0443, [tedwaneat@cox.net](mailto:tedwaneat@cox.net)

**Ramey AFB Historical Assn**, Warner Robins, GA, 4/13-17, Ted Raymond, (623) 271-9619, [elmirageted@cox.net](mailto:elmirageted@cox.net);  
**Saigon Mission Assn US Embassy DOA**, San Francisco, 4/30-5/1, James Anderson, (405) 799-7379, [john.guffey@netzero.com](mailto:john.guffey@netzero.com)

## ARMY

**1st Bn 33rd Armd & 3rd Armd Div (Glenhausen, Germany, All Eras)**, Anderson, IN, 6/3-5, Jack Grant, (765) 543-8226, [jjgrant@at1.net](mailto:jjgrant@at1.net);  
**4th & 25th MRU Cbt (Korea)**, Orlando, FL, 4/25-28, Walt Hadley, (239) 218-4106, [whamcat1@aol.com](mailto:whamcat1@aol.com);  
**5th Rgt Cbt Team (Korea, 1950-1954)**, Fort Mitchell, KY, 4/28-5/2, J. Crail, (859) 635-9127;  
**9th Inf Div (WWII)**, Indianapolis, 7/30-8/1, Henry Phillips, (530) 272-7268, [hgphillips@mac.com](mailto:hgphillips@mac.com)

**40th Div 223rd Inf Rgt (Korea)**, Dayton, OH, 6/23-26, Larry Kish, (419) 241-9446; **96th Inf Div**, Monmouth, OR, 6/5-6, Jim Black, (503) 435-1283, [jimblack96@comcast.net](mailto:jimblack96@comcast.net);  
**101st Abn Div Assn**, Indianapolis, 8/11-15, Mike Krawczyk, (219) 464-3051, [abncibrvn@verizon.net](mailto:abncibrvn@verizon.net);  
**168th Eng Bn**, Omaha, NE, 5/13-16, Bob Ekdahi, (402) 496-0688, [rekdahl@tconl.com](mailto:rekdahl@tconl.com);  
**334th & 399th Comm Recon Co (Germany)**, Richmond, VA, 7/30-8/1, Tom Rutherford, (804) 270-1682, [nghitom@yahoo.com](mailto:nghitom@yahoo.com);  
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**630th MPC**, Washington, 6/21-27, Drew Bain, (856) 384-0226, [drewbain@juno.com](mailto:drewbain@juno.com);  
**804th Sec Police Sqdn (Grand Forks AFB, ND, 1970-1977)**, Grand Forks, ND, 8/6-7, Jim Smith, (701) 235-4915, [ndkids@g.com](mailto:ndkids@g.com);  
**Berlin US Mil Vet Assn**, Berlin, GE, 8/1-7, Cal Korf, [calfsga@verizon.net](mailto:calfsga@verizon.net)

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**Birdcage Marines**, Clarksville, TN, 4/22-24, Robert Evilsizer, (865) 408-0671

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**Alaska CB 1**, Pensacola, FL, 3/17-20, Charles George, (716) 672-4432, [stgeorge@netsync.net](mailto:stgeorge@netsync.net);  
**Birmingham CL 62**, Altoona, PA, 8/26-29, David Smith, (914) 696-3459, [dbsmith@chimrock.com](mailto:dbsmith@chimrock.com);  
**Cusk SS 348**, Colorado Springs, CO, 8/15-19, Delmer Wetering, (605) 368-2432, [dswetering@aol.com](mailto:dswetering@aol.com);  
**Donner LSD 20**, San Antonio, 4/29-5/2, Dennis Heimbach, (610) 775-7539, [dheimb@usa.com](mailto:dheimb@usa.com);  
**Duncan DR 874**, Jacksonville, FL, 4/28-5/2, David Walrod, (513) 523-8880, [david\\_walrod@hotmail.com](mailto:david_walrod@hotmail.com)

**Forrest B. Royal DD 872**, Warwick, RI, 6/24-27, Ron Larsen, (715) 423-8905, [mosbusn@wctc.net](mailto:mosbusn@wctc.net);  
**Gen. W.A. Mann AP 112**, San Diego, 4/29-5/2, Don Godden, (949) 458-8788; **Huse DE 145**, Jacksonville, FL, 10/17-20, Dave Perlstein, (561) 368-7167, [dbp14@hotmail.com](mailto:dbp14@hotmail.com);  
**JunEAu LPD 10**, Independence, MO, 7/16-18, Russell Godfrey, (816) 833-0919, [russkathygodfrey@yahoo.com](mailto:russkathygodfrey@yahoo.com);  
**Lejeune AP 74 & President Monroe AP 104**, Minneapolis, 6/24-27, Chuck Ulrich, (516) 747-7426;  
**Midway CV 41 G Div**, Nashville, 4/29-5/1, Gary Hoyt, (270) 554-4087, **Navy Enlisted Reserve Assn**, Altoona, PA, 9/25, Bob Bentley, (814) 696-3366, [mpaltoona@atlanticbb.net](mailto:mpaltoona@atlanticbb.net)

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**3rd Marine Div 3rd Amtrack Btry B Co 2nd Bn (Okinawa, 1970-1971)**, John DeJulio, (937) 726-0038  
**7th Army NCO Academy (Bad Toelz, Germany)**, George Weldon, grafenwoehr59@aol.com  
**48th Ord Co Welding Shop (Baumholder, Germany, 1958-1959)**, Ed Rose, barkneeggetto@verizon.net  
**65th Eng Bn (Schofield Barracks, HI, 1960-1962)**, Robert Alon, (530) 865-3104  
**67th Eng Co DT (Vietnam, 1967)**, Charles Bates, (508) 943-2961, charliebates@verizon.net  
**264th Trans Co (Camp Rahn Bay & Duc Pho, 1966-1967)**, Paul Valencia, (559) 734-3645

**424th Co (San Diego, 1960)**, Harold Parter, (404) 767-6902  
**543rd Trans Co Verdun Cardinals Football Team (1956-1958)**, Ron Cerecke, (256) 538-6780, rp87cer@bellsouth.net  
**547th Eng Bn Assn (1944-1992)**, Pat McDowell, (717) 249-7752, cmcdowellp@aol.com  
**588th Cbt Eng Bn HQ Co (Vietnam, 1970)**, Larry Vortman, (217) 742-9016, vortmansph@verizon.net  
**1502nd Air Trans Wing Personnel Sec (Hickam AFB, HI, 1961-1965)**, Al Klink, sveikas14@comcast.net  
**3274 Eng (Berlin, 1945-1946)**, Glenn Geary, (507) 931-4630  
**3325th Instructor Sqdn ATC (Amarillo AFB, TX, 1962-1964)**, James Hamilton, (803) 432-8216, cjhams46@bellsouth.net  
**3902nd AB Wing (Offutt AFB, NE, 1970-1975)**, Danny Blake, (315) 493-0234, db\_69er@yahoo.com  
**3909th Air Base Grp (Newbury, England, 1957-1960)**, Leo Fitzpatrick, (919) 477-2013  
**5922nd Co (Navy Boot Camp, 1966)**, Robert Rich, rcr2501@hotmail.com  
**7235th Ammo Supply Sqdn (Camp Darby, Italy, 1968-1972)**, Tony Ulmen, (507) 385-1514, anjoulmen@hotmail.com  
**B Btry 2nd Msl Bn 71st Arty (Camp Casey, Korea, 1962-1963)**, Joe Daggett, (724) 733-3453, joedaggett@netscap.com  
**B Co USA STRATCOM LL Bn (Taegu, Korea, 1966-1967)**, Hurshel Johnson, (276) 431-2392, kkjohnson53@yahoo.com  
**Berlin Vets**, Leonard Shotkoshi, (308) 550-0430  
**Btry B 195 AAA Bn AWSP (Fort Hood, TX, 1957-1958)**, John McCray, (940) 484-5511, gatpr435@verizon.net  
**C Co 11th Eng Bn C Cbt Corps (Camp Essayons, Uijongbu, South Korea, 1969-1972)**, Tim Trexler, (440) 259-3710, timmlina@windstream.net

**C Co 121st Sig Bn 1st Inf Div (Vietnam)**, Don Webster, (302) 945-0117, dweb33692@verizon.net  
**C Co 4th Bn 1st Tng Rgt (Fort Jackson, SC, 1963)**, Brian Voorheis, (585) 973-7173, bvtunes@yahoo.com  
**Echo H&S & Golf Co 2nd Bn 9th Marines & Delta Co (1975)**, Dan Hoffman, (803) 422-6842, dhoffman@sc.rr.com  
**H&S Co 2nd Bn 5th Marines Comm Plt (Vietnam)**, John Flagg, cruzanpeddler@yahoo.com  
**Hampshire County LST 819 (1967-1967), Blanco Cnty LST 344 & Indra ARL 37 (1969-1970)**, Robert Rich, rcr2501@hotmail.com  
**M Co 12th Inf (Fort Washington, MD, 1936) & New York Nav Shipyard (1953)**, Ed Clark, (317) 485-5675, ekclark601@yahoo.com  
**Nav Comm Stn (1951-1952)**, Claude Wright, (951) 845-2446  
**NTC Co 51-857 (San Diego, 1951)**, Keith Roberts, (812) 863-4425, robertske@hotmail.com  
**Photo Lab Personnel (Guantanamo Bay, Cuba, 1968-1970)**, Bob Bentley, (814) 696-3366, mpattloona@atlanticbb.net  
**Wpns Co 2nd Bn 5th Marines (1950-2009)**, Chuck Hitchborn, (816) 532-3274, chitchborn@kc.rr.com

### TAPS

**Daniel H. Duffy, Dept. of Idaho**, Nat'l Aerospace Cmte. Memb. 1983-1985, Nat'l Distinguished Guests Cmte. Vice Chmn. 1993-1994, and Nat'l Homeland Sec. Cncl. Vice Chmn. 1981-1982 and 2009.  
**Richard Kryza, Dept. of Michigan**, Nat'l Econ. Cmsn. Memb. 2004-2009.  
**Winford W. Lomon, Dept. of Idaho**, Nat'l Distinguished Guests Cmte. Vice Chmn. 2009.  
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*I wish the buck stopped here, as I could use a few.*

**DURING A BASEBALL GAME**, the coach asked one of his young players, "Do you understand what cooperation is? What a team is?"

The boy nodded.

"Do you understand that what matters is whether we win together as a team?"

The boy nodded.

"So," the coach continued, "when a strike is called, or you're out at first, you don't argue or curse or attack the umpire. Do you understand all that?"

Again the boy nodded.

"Good. Now go over there and explain it to your father."

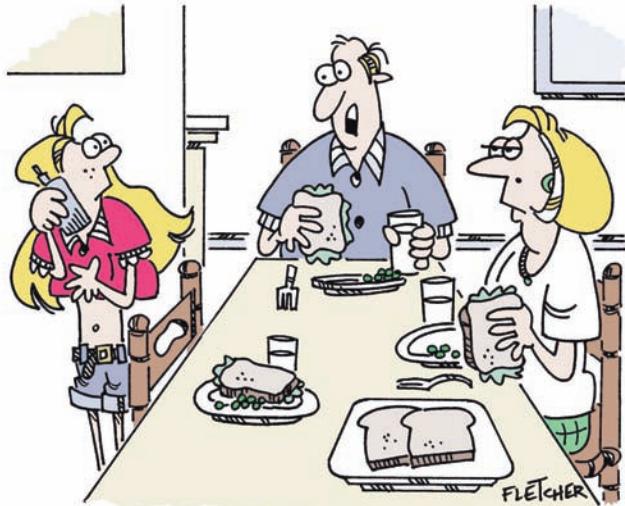
**A MOTHER** was preparing pancakes for her young sons. The boys began to argue over who would get the first pancake. Their mother saw the opportunity for a lesson. "If Jesus was sitting here," she told them, "he would say, 'Let my brother have the first pancake. I can wait.'"

The oldest boy turned to his brother and said, "You can be Jesus."

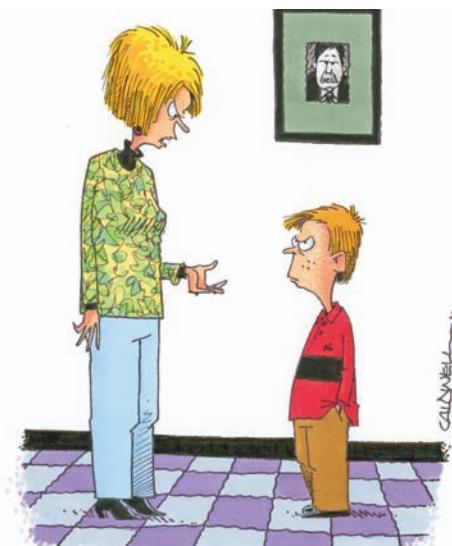
**A COMPANY'S CEO** was scheduled to speak at an important business convention, so he asked one of his brightest employees to write him a punchy, 20-minute speech.

When the CEO returned, he was furious. "What's the idea of writing me an hour-long speech? Half the audience walked out before I finished."

The employee was baffled. "I wrote you a 20-minute speech," he replied. "I also gave you the two extra copies you asked for."



"Tell him you're in the middle of a lunch meeting with your finance committee."



"Is that so? Well, what if your 4,652 Facebook friends jumped off a cliff? Would you join them?"

**A MAN** joins a monastery and takes a vow of silence. He's permitted to speak only two words every seven years.

After seven years, the elders bring him in and ask for his two words. "Cold floors," he says.

Seven more years pass. They bring him back in and ask for his two words. "Bad food," he says.

Seven more years pass. They bring him in for his two words. "I quit," he says.

"That's not surprising," the elders say. "You've done nothing but complain since you got here."

**"REMEMBER** the congressman, William Jefferson, who the FBI caught with \$90,000 in bribe money in his freezer? Well, he was convicted on 11 counts of bribery and corruption. Prosecutors asked for the harshest prison sentence ever handed down for a member of Congress. Something like 30 years. He claims he just fell in with the wrong crowd: Congress." — Jay Leno



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